

THE INTRUDING PRESENCE

(A Journal of Hearing Voices & Entity Attachment)



-by B. Edwards

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December 8, 2020

I'm just going to bring things up to date on what's been going on with me and my situation for the past week. I'm going to ramble about a few different topics here. I'll start with an incident that I experienced last night.

I went to bed a little early last night, probably around ten o'clock or maybe ten-thirty. Usually I go to bed between eleven and twelve. But, I was feeling pretty tired last night and I wasn't really doing much of anything, so I decided to call it a day a little early. I took a dose or two of sleep-aid before I went to bed. I only have about a week and a half left before I go on my holiday break, when the place where I work shuts down for a few weeks. I'm not traveling anywhere, but I am certainly looking forward to the time off from work.

So, I didn't want to chance risking any sleep issues right now. Maybe over the break I'll try going without sleep-aid for a bit and see how I make out. But, I didn't want to begin this experiment just yet. I took a little sleep-aid before I went to bed last night and as soon as I got in the bed, I was hearing the voice of this entity attachment, the female voice, the one that calls herself Crystal. I also remember feeling some bodily sensations right after I got into bed as well. The strength of her voice and these initial sensations were fairly mild in my opinion. It also seemed to me that I fell asleep fairly quickly.

Then, maybe about an hour or two later (I didn't check the time so I'm not even sure) I woke up for some reason. I wasn't startled, I didn't wake up suddenly as if I had just had a horrible dream or heard some loud noise close by. It was more like a gradual drifting towards that state of being half asleep and half awake. I have written about this particular state of consciousness many times. And often refer to it as "the in-between zone". This in-between zone has been quite an important aspect in my attachment situation since it all started back in 2015.

So, even though it seemed to me like I had fallen asleep fairly easily, much easier than I do on a lot of other nights, there I was slowly waking up again. Then it hit me, I realized why I was waking up. I was laying on my back, and I was feeling a rather intense physical sensation around my lower back. It was actually something of a familiar sensation, I have experienced this one many times before. The best way to describe it, is that it was as if there was something inside of the mattress of the bed and it was clinging to me with its arms. I could feel something resembling a hand clinging to the right side and the left side of my lower back. As I started to wake up even more, I was hearing Crystal's voice, so there was a little doubt in my mind that what I was feeling right then and there was the presence of Crystal.

As I said, I've experienced this exact sensation before. Crystal is often jabbing me or grabbing me or disturbing me in some way from inside the mattress of my bed. It can be rather frustrating. It often causes me to toss and turn in bed, but even that doesn't stop it because I can feel her presence through the

mattress, in other words, there's no sure escape if I wish to stay in bed. Sometimes when I'm sitting in my living room chair, I'll also feel her jabbing me from inside the cushions. So, it seems like she can go through at least some solid objects without any trouble. If I was able to find a particular material, some type of stone or such, where she couldn't reach through, that would be rather interesting. I would condition myself to sleep on a bed of stone if I had to. Maybe that's a little experiment I can try out sometime.

Fortunately, I was able to fall back asleep before too long last night. It was still a rather disturbing experience. I was once more struck with that familiar unsettling feeling, that feeling I often get when I have these more intense experiences where it's like I'm getting slapped in the face with the reality of all of this. I do not know who Crystal is or what she is, but I know that she is a real external presence. I've dealt with my share of skeptics when talking about my situation openly, but if only these skeptics could experience these bodily sensations that I so often do. It's unmistakable, they are being caused by an external presence, an invisible yet very real external presence.

Onto my next topic that I just want to ramble about here for a little bit. I believe that I had another incident where I captured some EVP's unintentionally. Even though I quit intentionally recording to capture EVP's years ago, apparently I still capture them on occasion. I'm not surprised by this, after all I've been dealing with some kind of entity attachment since 2015 and at least one of these entities (Crystal) seems to never leave my vicinity.

This incident occurred this past Sunday. There was a work-related issue that had come up and I needed to go out to a job site and take a look at something. Sunday was my day off, so I wasn't really enthusiastic about having to drive an hour away to go check out this work situation, but I knew it was the only way to get the matter resolved quickly. It's difficult for me sometimes to get out of the office. Once I'm there, something always pops up...some situation, and then another situation and then another, and I end up just getting stuck there. Sometimes during the Spring and Summer season, I can run out to a job site before official work hours, or sometimes after work if I'm motivated enough. But, this time of year, in December...it's not quite as easy for me. It's hard enough at this point just for me to make it to work on time in the morning.

So, I mustered up the motivation this past Sunday, got in my car and drove an hour to this job site where I had to look at something. It was something that I needed to document with pictures, so I took a bunch of pictures and I also made two videos with my phone. This job site was down at the shore, near the beach and it was rather windy down there that day. When I came back I reviewed the pictures that I had taken and I watched the two videos. On one of the videos, I heard nothing but the sound of the rushing wind. On the other video, I heard the sound of the rushing wind, but I also heard Crystal's voice. When I played the video again, I heard her voice say my name within the first couple of seconds and then I heard her voice again saying something else at the five or six second mark. I've listen to the recording several times already and I

hear her voice on it every time. I would recognize Crystal's voice anywhere. I've been hearing this voice to degree or another every day since the Spring of 2015. So when I watched this particular video, the presence of her voice hit me right away. I'm quite certain about her saying my name in the very beginning. I'm not quite certain of what she said at the 5-6 second mark. I believe that I hear a little profanity there. I thought about trying to enhance the audio, but then I start second guessing myself and beginning feeling like it's early January, 2015 all over again. Whenever I capture one of these unintended EVPs, I end up in a debate with myself. One the one hand, it's at least some vindication. Here it is, right there on recording, the same voice that has been an intrusive presence in my life for the past five years. I want to isolate, document, enhance, do whatever to use this even small bit of evidence to back up the things that I write about regarding my strange experiences. Yet, before long, an uneasy feeling overtakes me. Deja vu, perhaps, but not in any kind of good way. I begin to feel myself getting pulled in by a strong sense of curiosity about the whole thing. I know this sense of curiosity well, this pull that can be quite hard to resist. It's this curiosity that landed me in the position that I'm in today. So, usually after a short time, I tend to lose motivation for investigating these EVP incidents further. I'm too conflicted about it on the inside. I simply save the videos in case that may be of some use to me in the future, then I let the matter go.

December 9, 2020

I had some more incidents last night where the physical sensations seemed a little more intense than usual. However, it was not to the same degree as it was two nights ago. Then, it seemed like I was awakened from a state of deep sleep by the feeling of two hands grabbing at my lower back through the mattress of my bed. Last night was a little different. As soon as I got into bed I felt something small darting up the right side of my bed, then onto my shoulder as if it was trying to quickly reach my right ear. It happened very quickly that's what struck me as being a little odd about it. Typically, this entity attachment tends to start with the sensations down around my legs and then the sensations slowly move up my body. This makes it very unmistakable for me. Last night it was as if something was just starting right towards my right ear here as quick as it could. As much as I can recollect, I was only hearing the female voice last night, the one that calls herself Crystal, so I believe that she was the source of this presence, as I believe she most often is.

Luckily, I fell asleep fairly quickly last night, so I was not disturbed by experiencing the sensations or hearing her voice for very long. Today while I was at work, there was a span of time where it seemed like her voice was quite loud, louder than usual. I was in my office at work sitting at my desk and I could hear her voice speaking over the sound of the heating system blowing through the vent that is almost directly above my desk. This is the kind of steady background noise that often seems to amplify the voices. While this was occurring, I may have heard another voice other than

Crystal's. As I often say, since I have heard Crystal's voice to one degree or another every day since the Spring of 2015, the sound of her voice is very recognizable to me. But, when I heard her voice speaking through the vent this afternoon at work, it seemed for a short time there that there was also a male voice present. That is one way that I can tell the difference. Crystal's voice is very much a female voice. For the most part, her voice generally sounds like a young woman's voice, though it's most often at a higher pitch than a regular human voice. Occasionally I will hear another voice that sounds distinctly male, so I can tell right away that it's not the same voice. Perhaps there was another entity around me this afternoon for a time. I can't say, but this other voice definitely sounded different.

I still do occasionally hear other voices besides Crystal's, it's just that they don't seem to stick around anymore like they did earlier on in my situation. Crystal's voice has always been one of the most present, but back in 2015 and 2016, her voice was just one of at least dozens that I would say that I heard on a day-to-day basis. It was mostly between 2017 and 2019 that the number of separate and distinct voices seemed to dwindle down and I began to really notice that Crystal's voice was the only one that seemed to be hanging around all of the time. I'm still hearing Crystal's voice every day. If I can keep my focus on something else strong enough, I can go a few hours without hearing her. However, I have the feeling that she is still always there chattering away in the background. It's at night, especially when I'm in bed waiting to fall asleep, that I am usually unable to block out her voice completely.

As I have written about previously, I'm a light sleeper, and that works against me here. I cannot fall asleep listening to music or watching a movie. I cannot use other sounds to drown out the sound of her voice unfortunately. Most often, I need things very quiet to fall asleep nice and easy and this leaves me vulnerable to her intrusions.

I also wanted to talk about something that I had planned on touching upon yesterday, but I ran out of time. This past weekend, I was browsing around on the internet as I often do and I stumbled upon a forum where people were discussing techniques for using a Spirit Box. I followed the conversation a little bit, and it began to strike me as being a bit strange. So I kept reading and then I realized that they were talking about a video game. They were not talking about doing actual paranormal investigations or attempting to communicate with spirits, they were talking about a video game where using a Spirit Box during a paranormal investigation is essentially the main theme. I was not aware that such a video game even existed. I'll be the first to confess that I'm not really a big video game aficionado. I played my share of video games when I was a kid and even occasionally into my early 20s, but then I just seemed to lose interest in them. The only time that I ever play them anymore is at family gatherings when I'm hanging out with my young nephew who is very much into video games right now.

I was aware that video games have progressed quite a bit since when I was a kid, but I had never heard of this video game where the main theme is using a Spirit Box to communicate with spirits. I am aware that there

are all kinds of video games out there, some are considered excessively violent, some are a bit controversial for other reasons. As I said, I am not a video game aficionado, so I never really held much of an opinion about all of this I suppose. On the one hand, I wasn't surprised to see a video game about using a Spirit Box, but I also couldn't help but feel that this might be a bad idea here. I know that it's just meant for entertainment and I don't believe that playing the video game itself is dangerous, but the thought immediately went through my mind that this game could influence people, especially young people to become interested in using a Spirit Box for real. This is where things can get dangerous.

I bought and used a Spirit Box a few times during the Winter of 2015 while I was conducting my EVP sessions. In that short time, I just never took to it very much. I was primarily doing my EVP sessions with voice recorders and I seemed to have the most success with that, so I stuck with that as my primary means of communication. If I hadn't been hit with this attachment situation as quickly as I did, maybe I would've gotten into using the Spirit Box a bit more, I don't know. The fact of the matter is that I was doing EVP sessions for two months during the Winter of 2015, things got intense very quickly, and by the end of the second month I was having disturbing incidents of hearing some of the same EVP voices outside of the recording sessions with just my naked ears. Shortly after that, these voices outright attacked me, it was an outright "voices blitzkrieg" for quite a while. This voice that calls herself Crystal was there the whole time.

Since 2015, I have found other accounts and have met quite a few others who were also hit with attachments, whose primary means of communication was using a Spirit Box. I know that the Spirit Box carries the same danger of getting hit with this kind of attachment situation where intruding voices are involved, as does using a voice recorder to do EVP sessions. So, when I discovered that there was a video game centered around using a Spirit Box to communicate with spirits or entities of unknown origin, the potential dangers went through my mind almost instantly. That is my concern, not so much playing the game itself, but that the game could influence people to start using a Spirit Box for real. I just also want to add to this that even though it is called Spirit Box and one may use this device with the intention of communicating with human spirits in some particular location of historic significance, that's not necessarily a guarantee that that is who is going to come through during sessions, if anything comes through at all.

When I first started doing EVP sessions back in 2015, and I first started capturing voices on my recordings, I just assumed that they were the spirits of departed human beings that once lived on Earth just as I do. Most of the voices sounded human enough to me, and most of them even told me that they were human spirits at that time. I believed them, because that was the assumption that I made going in. Here I am five years later dealing with one remaining attachment and even though as I said, her voice generally sounds human enough, I will not say that I even believe that she is of human origin as a personal opinion. I'm not saying that she isn't, I'm just saying after dealing with her for five years now, I have experienced enough that

makes this a very open question for me. It's not so much the way her voice sounds that makes me question is, it's her mannerisms, and the impressions that I get from much of her behavior. Call it a vibe or perhaps just some kind of intuition, I just feel that there's something very different about her. So, I wouldn't begin using a Spirit Box with the assumption that it's only human spirits that you might come into contact with. We are literally talking about the unknown here, things that we know practically nothing about.

Certainly, there are a lot of beliefs and opinions out there, but in truth that's what they arebeliefs and opinions. Don't get me wrong, beliefs and opinions are finewe all have themit's very human to have them after all. But, when you become involved directly with an activity that's intended to communicate with beings from beyond our physical world, our beliefs and our opinions are no guarantee that things are going to play out the way that we think they will. Dealing with this entity Crystal for five years has left me with far more questions than answers.

Well, I don't mean to ramble too much here so I'll wrap things up. I'm not trying to bash this video game or anything like that either, I'm just concerned that it could influence someone in a bad way someday. I know that in many of my writings I sound like a broken record, but that's what I'm doing here, I'm trying to describe and bring awareness to at least one specific danger of these kinds of activities so that it's more known about and people who may be thinking about getting involved with all of this, will at least be able to make a more informed decision. When I first started hearing some of the EVP voices outside of the recording sessions, I was caught completely off guard.

At the time, I had never heard of this happening to anyone else, I didn't know such a thing was possible. Once again, I went in with an assumption. I assumed that when I ended my EVP sessions, that all contacts and communication was broken off, I assumed that the beings that I was communicating with were in some other dimension somewhere and that I was here on Planet Earth where I've always been and there was some kind of a barrier between us. I would say that I looked on doing those sessions more as something along the lines of using a HAM Radio to communicate with other dimensions. But, I was very wrong about quite a few things. At least some of the entities that I was communicating with that Winter, they were not far away and far removed on some other plane of existence. They were much closer than that, much closer and I paid a high price for my ignorance regarding all of this.

December 12, 2020

I had a strange experience two nights ago. I think it was some kind of dream attack from this entity attachment, the one that calls herself Crystal. However, there was something strange about this one, or even stranger I should say. Two nights ago, I went to bed around eleven. As soon as I got into bed, I was hearing Crystal's voice chattering away and I was also experiencing some bodily sensations. All of this is stuff that occurs practically every night. Initially, these occurrences were not any more intense than they typically are. Then, I had a very brief bad dream. It happened very quickly, so quickly in fact that there isn't really much to tell. It was one of those dreams where I felt as if I was being held down and I could see a hazy shadowy presence. There was a few brief moments of panic, and then it was over.

This is a dream scenario that I've experienced a number of times since this attachment situation began. In fact, I'd say it's one of the more common dream scenarios that I experience. It generally plays out the same each time. I'm in my bed at night, waiting to fall asleep, and then I feel as if there is something holding me down. I looked around to see who was there, and I just see this blurry hazy shadowy form. I can tell right away that somebody is there, but I can't make out any details or features about what this presence looks like. I would say it's probably something along the lines of what some call a shadow person, accept it seems like it's not an entirely materialized shadow person if that makes any sense. I can see that there's someone there for certain, I can make out the features of a body, a head... shoulders...arms, but it's very blurry.

In a way this brief disturbing dream that I experienced the other night also shared some

characteristics with other dream attacks that I've experienced in the past that I suspect were caused by this entity attachment. I have written about this previously, how by now I believe that I recognize certain characteristics or differences between what I consider to be just a regular normal dream and a dream that I highly suspect is being manipulated if not outright created by this entity attachment.

One common characteristic is that these suspicious dreams often tend to happen very shortly after the time that I fall asleep, even very shortly after the time I get into bed I would say. I've never been one to really recollect much about my dreams, but since this situation began for me, I've started to pay close attention to the small details, because it has become quite apparent to me that these entities do have the ability to manipulate our dreams, even create them I believe.

I might mix up the phrase entity and entities here a bit. Let me just say that recently I've been hearing Crystal's voice most of the time. It's the exact same voice that I first heard on my EVP recordings back in February 2015. Crystal's voice is the only voice that I hear on a day today basis. I very much consider her very much still attached to my life. However, I do still occasionally hear other voices that are not Crystal. Crystal's voice is very recognizable to me, considering I've heard it every day for the past five years. So, occasionally I'll hear another voice and I can sense right away that it doesn't sound like Crystal at all. For one thing, Crystal's voice is a female voice....without a doubt. Some of these other voices sound more like male voices. However, the current situation is that even though I still occasionally hear these other voices, they don't seem to stick around, that is, I'm not hearing them on a day-to-day basis like I do with Crystal's voice.

So, when it comes to these dream attacks, since Crystal very much seems to be the primary entity attachment that I am still dealing with these days, I strongly suspect that she's the main culprit. However, I do concede that it is possible that there are other entities that might be involved. It seems to me that these other voices occasionally show up and join with Crystal in causing me a disturbance. Perhaps sometimes it's more than just Crystal behind these dream attacks. I simply do not know, I just wanted to state this because I know in my writings here, I sometimes speak in the singular and also in the plural. I'm prone to mixing it up. But, this is just an example of how mixed up this situation can be for me.

Anyway, back to this dream that I had the other night. As I said, it shared many characteristics with many previous disturbing dreams that I have had that I very much suspect were far from regular normal dream. It happened shortly after I got into bed, in fact this is one of the strangest things about this particular dream. To me, it seemed to occur within only a matter of a few brief moments after I got into bed. I have often noted that with some of these suspicious dreams that I've had, sometimes there's this strange awareness while I'm having the dream where it's like I don't feel like I'm asleep at all. This has happened to me before. It's basically that I'll be right in the middle of having this dream and I just think to myself "hey, I feel completely awake here... what's going on?" It's very strange and it's a bit blurry because we're talking about various states of consciousness here, states between being awake being asleep and it's in those in-between zones where these strange phenomenon become more intensified.

What was so bizarre about this dream the other night was that it happened so quickly from the time that I got into bed and this feeling that I wasn't even asleep yet was very strong this time, more so than during any

of the previous occasions. Another strange thing about it was that it was so brief. Again, I realize that I'm trying to capture details of something pertaining to hazy states of consciousness here, but it didn't even seem like the dream lasted much more than a minute. Call this a personal observation, but it seemed like in this case, Crystal, tried to pull me into a dream state too soon, before all of the conditions were right. I hadn't yet reached that state where I was mostly in the in-between zone. I was still more awake than anything. I'm struggling to try and describe this accurately, but for myself, it is yet another example that these entities that I've been dealing with since 2015 do you have an ability to affect, manipulate or even cause dreams to occur.

December 13, 2020

Yesterday, I shared the video that I had made last weekend (while I was at a jobsite), where I believe that I captured Crystal's voice on recording, with a friend of mine who is also dealing with this same kind of attachment situation. She said that she could hear the female voice speaking on the video recording to. As I mentioned previously, this is not the first incident where I've captured EVP voices without intending to. As I also mentioned, sometimes when I listen to these recordings, an uneasy feeling comes over me. It's kind of a sense of *déjà vu*. It's like being hit with a bunch bad memories, memories of the things that I was doing and experiencing during the Winter of 2015. Things that would upset the balance of my life in significant ways.

Sometimes when these incidents occur, I find myself wrestling with the powerful pull of an intense feeling of curiosity. Thoughts run through my mind that I should examine these recordings further, see if I can enhance them in some way, see if there's even more mysterious voices or messages present on them. This compulsion is starting to fade away now, just as it did in the past when this has occurred. Over time, I've learned to suppress this intense curiosity. I've gotten burned going down that road before, so why tempt fate again. What good could come from it?

Capturing Crystal's voice on recording is similar to some of the other experiences that I deal with on a regular basis, mainly incidents where the physical or bodily sensations become very pronounced. On the one hand, it's all stuff that I've experienced before in the past, so it's not a complete surprise to me. Yet, there's just a sense of being hit with the reality of the situation...that it's actually happening and I haven't the slightest clue what it all means. I mention this "reality slap" quite a lot in my writings. If anything, this feeling, this unsettling feeling is

something I would say that is a bit more noticeable to me now than perhaps it was in the previous years.

I would say it's true that Crystal's presence has had less of an impact on my life this year than in the previous years since 2015. There's a few different reasons for this. One is probably just the fact that more time has gone by. I've slugged through this situation longer now, I've taken many hits, I've had many bad experiences, but I've learned some things from these experiences and they have made me stronger. I would not say that I'm completely adapted to Crystal's presence by any means. I'm not sure that I ever could be completely. But, I would say that I'm a bit more desensitized to it now than I was back in 2015 and 2016. This year was also different for other reasons. The Coronavirus pandemic has had an impact on my life this year as well. Earlier in the year, I wasn't even sure if I would be able to keep working. But then, when some of the restrictions were lifted, things became very busy for me at work. I do not want to get off topic here, but in summary, my day job pertains to home projects. Because of the pandemic, people have been spending more time at home, so there has been a boom in certain industries that pertain to home projects and renovations. Things became very busy for me at work. This allowed me to keep my focus on my day-to-day life, work matters and such, and Crystal's presence was pushed into the background to some degree.

However, she did not always stay in the background. It's hard to explain, but this year I just felt that there was a collision between the two main aspects of my life. By main aspects, I mean on the one hand there's my every day down to Earth life. This includes working at my job, living in my apartment, struggling to make sure I pay all my bills, dealing with stress and bullshit on the job, and enjoying the things that I enjoy doing in my free time.

The other aspect is this attachment situation. What does make this a major aspect of my life right now is the fact that the situation is still with me every day. I am still hearing Crystal's voice every day, and as I mentioned, sometimes some other voices tend to show up as well. Crystal's presence does have a direct impact on me. But, another impact is that I am thinking about these experiences very often. It's hard not to think about them. There have been quite a few who have given me the advice, saying things like "just ignore the voices"...." just don't think about them". I've seen this work to a large degree for some. It's certainly not an easy thing to do. Crystal's voice is there all the time chattering away. Yes, if I can hone in my focus on something strongly enough for time, I can block it out, but it's there, I can still sense that. Perhaps this is easier for some to do than others, I just don't know. What I do know is that this entity...Crystal, is an opportunist. She's very skillfully exploits occasions where it's difficult for me to even hope to ignore her presence. This is why I think she harasses me so much at night, especially when I'm in that in-between zone, when I'm already half asleep and my reaction time is slowed down.

Getting back to what's been happening this year. As I said, I have really felt these two forces in my life colliding quite a lot this year. Things have been very busy and hectic at work, so I'm getting pulled in that direction, the everyday world and the minutia of life direction. But then, I'll have some intense experience pertaining to this attachment situation, whether it be an intense dream attack, some over-the-top bodily sensations, shout attacks or all the above an more thrown at me on a single night. It's then, that the reality of this situation pulls my thoughts back to that other direction.

December 14, 2020

I'm just going to ramble here. I'm not even sure what about exactly, but we'll see where it goes. This is the last week before I go on my yearly break from work for the holidays. I'm looking forward to it with much anticipation. This year has been aggravating as hell for me. I can definitely say this year, that I have experienced more stress and more aggravation from my job than from the presence of this mysterious entity attachment. Maybe it's time to look for a new job then right?

I know I sound like I'm just complaining about my job here, but hey.... that's what journals are for. On the one hand, I know that I'm very fortunate that I was able to keep working all year during this horrible pandemic situation. Many people have not been so fortunate, I realize that. As I stated earlier, even though things started off a bit shaky earlier in the year, my job actually became very busy. Of course, there have been many benefits to that, a steady paycheck, something that distracts me from Crystal's presence and all the stuff that occurs there. Yet, it has been stressful and aggravating at times and now in the middle of December, I'm just feeling tired.

Today at work, I had to deal with some bullshit from some problem situation and it's going to be there tomorrow too. So, this year the aggravation will go to the last minute I'm sure. This is why I am very much looking forward to being off from work for a few weeks. As I stated, this year with everything that's been going on with my work, it has in a way pushed Crystal into the background. She has had less of an impact on my life this year compared to the previous year since 2015. However, the year is not over yet. I believe it was during my holiday break back in 2017-2018, being off from work for a while actually caused some serious

problems as far as the presence of these entity attachments go.

Back then I was hearing more voices, not as many as I was in 2015, but it was more than just Crystal. As I said, I still do occasionally hear other voices, it just seems to me now that Crystal is the only voice that sticks around every day. The other ones seem to come and go sporadically. But anyway, I remember during my holiday break that season, about a week into my time off, the voices were really starting to get to me. It hit me that this was happening because I didn't have the distraction of being at work. I usually don't do a whole lot during my holiday break. I don't travel anywhere. I rather like the opportunity to not do anything at all. I would typically sleep in a little later than I usually would and spend a lot of time reading. All of that sounds good to me.

However, I suppose that it does leave me a little more vulnerable to being harassed by Crystal. I hear her voice trying to distract me all the time when I'm at home reading. I'm used to it by now and I deal with it. However, I'm sure that it will happen even more while I'm on my break. So, I'll just have to see how it goes. It was just that one year during my holiday break that things with the voices were becoming a major problem for me, to the point where I was almost looking forward to my off time coming to an end. That's not how it usually is with me. I do not expect that to happen this year. This year I really want and really need the down time. I suspect that Crystal will try to escalate things, but I don't foresee it being enough to spoil my downtime.

This situation though, where the voices have more effect on me when I'm just sitting at home not doing much of anything for an extended period of time, there's definitely something to that. Keeping myself busy with work was something that I feel was a great

benefit to me back during the worst days of my situation during the Spring and Summer of 2015. I began having incidence of hearing these negative voices outside of my EVP sessions by the end of February 2015, during the month of March things escalated by the day, but the voice at that time had still not reached the point where they were coming at me on a constant basis yet. To the best of my recollection, that occurred the first few days of April, 2015. That's when the shit really hit the fan and I was hit with what I often describe as an outright "voice's blitzkrieg".

The situation literally changed over the course of a single morning. During the month of March it seemed like these entities were ramping things up in a very calculated manner. By this point, I had quit doing EVP sessions. But, that seemed to do nothing to help me escape from all of this disturbing strangeness. Things continued to get worse by the day. I was having more and more incidents of hearing these voices wherever I went. I had also begun to experience the physical sensations, especially at night. It was during that March that I had my first incidents of feeling jabs coming up through the mattress of my bed at night as I was trying to sleep. This was all very new to me back then so it was freaking me out to say the least.

I was losing sleep every night, becoming filled with anxiety. These entities seemed to be pulling off strange theatrical stunts to try and instill fear in me and at the time, it was quite effective. I remember that I went into work one morning, before any of my coworkers arrived and I saw that there was a message on the phone at my desk. When there's a message, a red light on the corner of the phone lights up. I played the message and it was the same voices, the same voices from my EVP sessions that were now tormenting me. I heard them say my name and also saying "we are coming for you. It was right there clear as day. I couldn't

believe that this was actually happening. Yet from there, it got even stranger.

I know this sounds hard to believe, but it's an incident that actually happened during March of 2015. I remember it very vividly. So, I'm just going come right out with it. I forget the exact date, but it was sometime in mid to late March. I was at work, it was later in the afternoon...almost closing time. I was at my desk and there was a coworker at their desk about 10 feet away for me. The phone rang, I picked it up said good afternoon , my name and asked how may I help them or something like that....typical stuff I say when I answer the phone at the office. I heard what sounded like the voice of the young man speaking. He was asking if we were hiring. I said that we were not at that time. And then he started to get a little belligerent with me. I forget all of the exact words he said, but I started to get the impression that this was some kind of prank phone call.

However, I did not initially suspect that there was anything paranormal or such about this phone call in the slightest. I didn't recognize the voice, and it sounded very clear. The voices that I was then hearing via this hijacked clairaudience (even though many of them often sounded like regular human voices), they were just different. The tone and characteristics of their voice was a bit different. The exact characteristics could vary, but I could just tell the difference between one of those voices and the voice of an in-the-flesh/physical world human being speaking to me. At least I thought I could tell the difference, apparently I was wrong.

This voice that sounded like a young man that went from asking if we were hiring to getting belligerent with me, he had me fooled quite successfully at first. He said my name and then he made a comment about my mother who had passed away six months earlier. That's

when I started to have a very uncomfortable feeling about this phone call. Then suddenly, in the background...but still clear as day, I heard her voice....Crystal's voice. She wasn't calling herself Crystal back then, but it was the same voice. Even at that early stage, this particular voice had become quite familiar to me. I recognized it as being one of the voices of my main tormentors. Her voice said my name in a very eerie unsettling manner and it sent chills through my body. I immediately hung up the phone and just sat there stunned.

These entities, whoever or whatever they are, just called me on the phone at my work and the male voice sounded so clear that he had me completely fooled. Once I heard Crystal's voice, I knew that this was no ordinary phone call. As my situation went from bad to worse during the Spring and Summer of 2015, I had several other incidents of hearing these voices, especially Crystal's voice, while I was on the phone. However, it was different from this one incident that afternoon. It's hard to describe, but I would be on the phone at work and I would just hear this layer of static. I remember thinking to myself, maybe this static is always there when I'm on the phone, it's just that I usually don't even notice it. But now, after having become obsessed with doing EVP sessions that past Winter, I had honed my hearing to such a degree that now I was picking up on these little details of sound and background noise that I just never really paid much attention to before.

I had many incidents that year where I would be on the phone at work and I would hear voices (usually Crystal's voice) speaking to me through that subtle layer of static. These incidents were a bit different from that mysterious prank call that I received that afternoon in March. During most of these other incidents, Crystal's voice or some other voice, seemed to kind of materialize and breakthrough the sound of

the static. The prank call that I received was much more direct, it was more like a regular phone call, I mean they actually made the phone ring and had me fooled by how clear they could sound. Once the male voice mentioned my mother, I knew there was something suspicious going on here. But, when I heard Crystal's voice clear as day, I knew that this was a call from "them". All of the other phone incidents occurred when I was already on the line talking to someone. That prank call was a direct phone call from them, whoever they are.....from wherever they were.

December 16, 2020

It is raining very hard out there at the moment. I was just outside smoking a cigarette and I got drenched. No matter what the weather is, I always go outside to smoke. I always have. It's snowing just a little north of here, so I'm glad it's just rain. I like a good snowstorm as much as anyone, but I'm not ready for it yet. Christmas is a little over a week away, I would prefer it to snow for Christmas. Anyway, I'm just going to bring things up to date on what's been going on with me and with my situation. Nothing too intense or unusual has been occurring over the course of the last few days. Crystal hasn't been disturbing me too much at night. Well, maybe she's been trying to, but I've been managing to get some decent sleep. Though I am finding it a bit difficult to get up and get going in the morning. I'm only a few days away from my holiday break where I'll have off from work for 18 days. I'm looking forward to being able to sleep in.

There has been some activity at night, as they're usually is. But, it hasn't been too intense so far this week. About two nights ago, I had that feeling where it was as if something was perched on the top of my head as I lie in bed. This happened to me a couple of weeks ago. I think I'm definitely seeing Crystal focusing more these days on causing me to feel these physical sensations more on my upper body.... shoulders, face...and the top of my head. In the past, the sensations would typically be more focused around my legs and around my waist. It's always varied a bit, but I think that I'm definitely starting to observe that she's focusing more now on my upper body.

Sometimes I feel tapping on my forehead. I'll also often feel it on one of my ears, usually it's my right ear. As far as what she's been saying, it's pretty much just been the same old stuff. Just a few minutes ago and I was outside smoking a cigarette, I heard her

doing this particular thing that she sometimes does where she'll start a sentence that will be referring to one thing, but end the sentence having it refer to something else. For example, she might start saying something about angels and demons, or something of a religious nature and finish the sentence by saying something about extraterrestrials. It's not really that she brings these two things together in one sentence, it's more like two completely different statements being cut in half and put together. The content doesn't fit. I've talked about this particular tactic of hers in the past where I've compared to the cut up technique in writing.

I am not an expert on modern literature, but I'm a big reader. I've read a few books by the author William S. Burroughs where he used this cut up technique. Basically as far as I understand it, he had a body of writing, and he literally cut it up and put it back together so that it was now something completely different, something new and unexpected. I've dabbled with this myself a few times in the past when doing some creative writing for fun. So when I observed Crystal speaking in this manner, the cut up technique came to mind. It is something quite similar. She'll just begin a statement referring to one thing and end it with something completely unrelated. It's another example of her back and forth flip-flopping talk. She flip-flops on a lot of things.

I sometimes hear her say that she's not supposed to reveal certain things to me. For example, just this week there were a few occasions where I heard her say that she wasn't supposed to talk to me about the spirit world, or about extraterrestrials. And I just thought to myself, "what does it really matter because I can't believe anything that you say at face value anyway?" No matter how interesting it sounds and she does say things that are very interesting sometimes, I can't regard it as reliable information.

I've heard Crystal at times talking about the spirit world, the astral planes, other dimensions, other civilizations in our own galaxy. If I were a better writer, I would say that she's given me a lot of material that I could use to write some far out science fiction stories. I've always said, she's extremely intelligent and she can tell a very convincing story. The problem here is that she does not stick to the same story, far from itshe is always changing her stories around. She especially does this with the claims that she makes about her own identity. At one time she'll claim to be the spirit of a human being that lived on Earth and she will recount memories and experiences from that life on Earth. She can add quite a bit of detail and elaboration to these stories, but even more...she can convey a sense of emotion with them that makes them sound rather convincing. However, at another time she'll be claiming to be an extraterrestrial from another dimension and she'll start talking about this and sound equally as convincing. And another time, she'll be on a religious theme and she'll be telling me about what things in the Bible really mean and about angels and demons.

Let me just add, that when she's claiming to be a spirit of human origin, even though she can add quite a bit of detail and elaboration to these claims, she also seems to leave out a lot of very important information. When she starts talking about some experience from her life on Earth, she can sound very convincing in the way she talks about it. Yet, she has never given me any kind of information that I could use to verify her identity. For example, even though she claims that her name is Crystal, she never gives me a full name...first name, a middle name and a last name. She never gives me the exact date of her birth, where she was born, what town, or what city, or what state. She never tells me the name of any school that she went to. She never tells me the names of any of her family members. She

never gives me her Social Security number or anything like that which I could perhaps use to investigate her claims and even verify that she's telling the truth.

She's very good at telling a story about human experiences. She can add details about her emotions in a sense, but she does not give details that I could use to investigate whether or not these claims are true. Today, with the internet, I'm sure that she could give me some small piece of information that I could use to investigate these claims that she makes about herself. Most of the time when she's claiming to be a spirit of human origin, she tells me that she was alive in the 1970s and 80s. I'm sure that she could give me the name of the school that she went to or someplace where she worked in her hometown, something like that and there's a good chance I think that I would be able to verify that yes, there is a school by that name in this town or there is a business by that name in this town or there was sometime in the past. Yet, she never gives me these kinds of details.

Sometimes, she'll claim to be older. There have been a number of times when she has told me that she is a human spirit from the nineteenth century. Ok, that's a little further back, but she still doesn't give me any kind of information that I could use to even try and investigate her claims. I have been hearing Crystal's voice every day since the Spring of 2015. In all that time I've heard her say countless things and make countless claims about herself. Yet, to the best of my recollection she's never given me any kind of information that I could use to see if she really did exist as a human being on Earth at one time. Why is this?

She hasn't even given me false information regarding this. She hasn't even tried to send me on a wild goose chase to try and investigate her identity. To be honest, I'm a little surprised at that. Having me go

around in circles trying to investigate something and only coming up with dead ends seems like something she would do and would in fact be quite enthusiastic about for her own amusement. Yet she has not done this. Is this a sign that not only is Crystal not who she says she is when she claims to be of human origin, but also that she is not in fact of human origin at all? I simply do not know the answer.

As I have stated many times, in some ways (at least by outward appearance) she can seem very human. Her voice generally sounds very human, it sounds like the voice of a young woman in her late teens or in her 20's. However, in other ways I just pick up on this vibe that there's something very different about her. When I started doing EVP sessions back in early January 2015, and when I started hearing voices on my recordings, I assumed that they were human spirits from the start. They sounded very human and they were giving me very common human names. I had a stronger opinion back then at the very beginning than I do now going on six years into this attachment situation. I held a stronger conviction in my opinion back then that all of these voices were from beings that were as human as I am, just in a different form now, than I do at this very moment.

I don't claim to have the answers regarding Crystal's identity, and what's very frustrating in a way, is that I find it very difficult to even form a personal opinion regarding it. She wears too many mask and she wears each one too well.

December 19, 2020

Today was a strange day. It was the first day of my 18 day break from work. I look forward to this break all year long. All year long I'm thinking about what I'm going to do on this break. Today I did absolutely nothing. I didn't plan it out this way, it was completely unexpected. I woke up early enough. I did some reading in the morning. Just when I thought I was about to go out and do something, I found that heavy feeling of fatigue over took me and I went to go lay down in my bed for a while. This happened to me at least three times over the course of the day. When I got out of bed on the last one, it was already dark outside. I guess overall, I was just feeling pretty exhausted. 2020 has been a pretty rough year for me and for a lot of people. Hopefully, I'll be able to find more motivation tomorrow.

Each time that I got into bed today, I was feeling the presence of the entity attachment, the one that calls herself Crystal. As soon as I opened my eyes this morning, I knew she was there. I could hear her voice faintly, but more than that, there was a distinct physical presence moving on my chest. I felt the same exact physical sensation every time that I got into bed over the course of the day. I don't even know where to begin in describing it. It starts off with this slight weight pressing down on me. Sometimes, it's most noticeable on my chest or on my stomach. And I think to myself, there is the main body. But then, I feel something slightly jabbing me on one of my legs or on one of my shoulders. It's there, you better believe it's there, the presence is very profound. In a way, it seems very nimble, almost like a cat, yet this is no cat. So each time, it seemed like I was feeling the main body, or the main part of the body on my chest area but then I also became feeling these strange "extensions" on other parts of my body.

Right away, Crystal picked up on my thoughts about this, my confusion and wondering. I heard her say "those are my antennas". At one point in the afternoon, I heard her say "I have a lot of antennas". Once again, she picked up on my thoughts about this and I heard her say something like "I have 16 antennas". I have no way to confirm any of this of course. Crystal is notorious for making contradictory statements. So I'm not going to assume that she's telling me the truth here. All I know is that, every time I got into bed today, the physical presence was exactly the same. Something would land on my chest, I would feel the weight of it pressing down on me, yet there were these other parts to it so to speak, that I could feel on other parts of my body. I thought at one point that she might look like some kind of spider and I'm feeling her legs, but she immediately made a comment saying this was wrong. She kept insisting that I was feeling her antenna.

So there it is, some seriously high strangeness on the first day of my vacation. I know that this all sounds very strange, but it's the truth, the strange truth. I don't claim to understand it, I don't claim to know who or what Crystal is or whether or not she actually does have antennas. I just know that she's real. I should also mention, that the characteristics of the physical sensations that I experience can change at times, It is by no means always consistent.

One of the most frequent that I experience is this vibration sensation localized to one part of my body or moving around my body. I was experiencing this for a little bit this afternoon while I was in bed. I was also experiencing sensations coming up through the mattress of my bed. That's a very common one as well. I'll feel jabs and pinches, and something akin to these small little hands grabbing at me up through the mattress. I've been experiencing this one since the very early days, since March 2015 as I recall.

During the last of my rest sessions this afternoon, I had a rather strange dream. It seems like I'm already forgetting the details of it with each passing minute. It wasn't a bad dream, just a strange dream. I heard Crystal's voice making comments about it as soon as I awoke, once again giving me the impression that she can perceive my dreams as I'm experiencing them. Yet, I don't think that this was a dream that she manipulated or even created. After dealing with her for this long, I believe I've gotten much better at picking up on the difference between a regular/normal dream and a dream that she has fabricated. To me, it seemed like I went a long stretch of time with having nothing but dreams that she was manipulating. It seemed like they were the only dreams that I was having for quite a long time. However, whatever else 2020 was in other areas, I have observed that it was the year for me when I began having regular dreams again. As I stated, there are differences and I believe that I can recognize them much better now.

For one thing, the dreams that I suspect are being created by Crystal or one of her mysterious compadres...they are typically something dark and negative in nature. In other words, they are bad dreams....nightmares. I'm usually being attacked in them, either directly or as in an implied threat such as someone or something is chasing me through some eerie or shadowy location. These dreams tend to happen soon after the time that I fall into a sleep state. Sometimes it seems like I'm only half asleep when I start having them. I have observed that when I have my normal/regular dreams, they tend to happen after I've been asleep for a while...usually a few hours.

The strange dream that I had this afternoon, it occurred after I had been asleep for at least two hours. The dreams that I believe are manipulated by these entities, they seem to occur much more quickly, sometimes within just a matter of moments from I when

cross into that state of being "mostly asleep". I can usually tell the difference, even without checking the time. I know when I've been asleep for a few hours and when I've been asleep just a few brief moments.

December 20, 2020

I had a regular dream last night. By this I mean, just a regular normal dream that I do not believe was manipulated or created or tampered with in anyway by this entity attachment Crystal. It seems to me, I'm starting to have regular dreams quite often again. As I was saying yesterday, it seemed like for quite a long time after the situation started in 2015, I was just having these dreams that I suspect were being manipulated by these entities. But, this past year has been a year when I've started having regular dreams again...or at least being aware that I've having them.

About this dream that I had last night, I just recall some impressions about it. It wasn't a bad dream. It wasn't a disturbing dream or anything like that. The details are already quickly fading away from me. I remember just a few images from it. I remember that there were a few people in the dream that within the context of the dream itself seemed very familiar to me. It seemed like I knew them quite well. Yet, when I awoke from the dream and I thought about these individuals, their faces, I realized that I had no idea who they were....no idea at all.

The dream actually occurred in the early morning hours. I am not exactly sure about the time. I just know that when I awoke from the dream, I could tell that I had been asleep for quite some time. It was still dark outside when I woke up from it and I managed to fall back asleep again for a little while. When I awoke again, the sun was up and the sky was bright. Once again, here is something that I observe as being a major difference between what I consider my regular dreams and dreams that I suspect are being manipulated by these entities. The dream occurred after I had been asleep for quite a while.

It wasn't a bad dream, but I did wake up suddenly from it. As soon as I awoke, I knew right away that I had just had a rather vivid dream and I remember that my first thought was "ok this was just a regular dream, this was not a dream from Crystal". Right away I heard Crystal's voice make a comment replying to me. This did not alarm me in the slightest. Whenever I wake up from a dream, Crystal's voice is most always right there making comments about it. When I heard her voice when I awoke from this particular dream, she was replying to what it was that I was thinking in that moment. My first thought was "this was not a dream from Crystal".

I don't recall what she said word for word, but it was something like "we create or we control every dream". It was something like that. And then she said something like "we teach humans" or "we train humans to live on the astral plane". I found that to be an interesting statement. I took it to mean that others like her assisted people with transitioning over to existence on in the astral realms after the death of the physical body. I don't really know what to say about this. The idea of it intrigues me, yet helping others with anything doesn't seem to fit the bill where Crystal is concerned. If that's her mission, then what's this whole attachment/ oppression situation all about? Maybe she was referring to something in a more general sense....something that astral beings on the Earth do, but not necessarily her in particular...at least not these days. I just don't know. Crystal is often making these kinds of cryptic statements that get me pondering what they mean. Maybe this is her agenda, to fill my head with confusing notions and ideas. Perhaps not. I don't know. I'm just reporting what I heard her say in this instance. I'll try and avoid thinking about it too much.

December 22, 2020

12:30 AM

Well, seeing that I'm on my holiday break, I made a choice earlier this evening to try and make it through the night without any sleep-aid. I figured now is the time to give it a try...to see how it goes. I haven't been having too much trouble at night recently. Of course, there's always something strange and disruptive happening...hearing Crystal's voice chattering away, feeling the physical sensations. Yes, there's always something. But, things haven't been too extreme recently. So, I used up all my sleep-aid last night and earlier this evening I decided not to go out and get anymore. I was right there earlier in the day, shopping at the store where I always buy it. But, I didn't pick any up. I thought everything would be fine.

Everything is not fine. If it were, I wouldn't be making this rant at twelve-thirty in the morning in late December. I went to bed about an hour ago and almost immediately the physical stuff started right up. There was this weird sensation where it seemed like the bed was starting to shake a little. In a way, it was similar to the familiar vibration sensation that I so often experience, but this was a bit different. It literally felt like Crystal was causing the entire bed to shake to a degree. It wasn't a whole lot, but it was certainly enough to get my attention and to cause me to feel that old familiar unsettling feeling...that feeling of the reality of all this slapping me in the face once again.

I knew it was her, I could hear her voice and only her voice chattering away ceaselessly. I turned over to lay on my side, but then I felt a presence clinging to my back. There was no mistaking it, there was something right there clinging to me. The whole time this was occurring, I just kept thinking to myself"man, I

really wish I had some sleep-aid. I can't believe I was stupid enough to not pick any up when I was out earlier...way to go stupid". I should have at least picked some up so that I would have it on hand just in case of a bad night....like this night was turning out to be. There's no harm in trying to see if I'll fall asleep easy enough without it. But, without at least having it on hand in case things take a bad turn, I set myself up to fall here, no doubt about it. And the truth is, I should really know better by now.

It seems to me that Crystal is definitely exploiting the situation as she so often does to great effect. It is also very unfortunate because I had some things that I really wanted to do tomorrow. Well, "wanted to do" is not exactly accurate. They mostly involved some side work related stuff, but I had already made promises and I had already put things off for a few days. Tomorrow was going to be the day when I would just bite the bullet and knock this stuff out. But, who knows how I'll be feeling in the morning now. Who knows if I'll even get to sleep tonight? Who knows indeed.

December 22, 2020

11:30 AM

Well just as I thought, I'm feeling pretty worn down this morning. Things got worse before they got better last night. I did eventually fall asleep, but I'm not even sure what time it was when it did finally happen. When I got back into bed shortly after I made that last journal entry, I quickly started to slip into the in-between zone. I had another incident where it seemed like Crystal tried to force me into having some strange dream. It was a brief dream, but very vivid. There's not a whole lot to tell. Basically, it seemed like I was sitting in a chair, something like a dentist chair, and down just passed my feet there was this large metal "apparatus" and these bright flashes of light emanating from it. I think there was also a sound in the background if I remember correctly.....something like the sound of an old style flash bulb camera going off repeatedly.

Then, I remember looking over to my left and I saw a humanoid form just a few feet away from me. I could tell that it was a woman and that she had dark hair, but I couldn't make out too many features, she was literally in the shadows. Then I woke up very suddenly, as if something had jolted me. From there, I again lingered in that state of being half-asleep and half-aware for a while. I remember that I kept getting hit with these sudden jolting sensations going through my body. It was almost like when Crystal hits me with what I call "a shout attack". This is a tactic that she was using quite a bit in 2019 and still uses every now and again, where she'll shout very briefly right in my face or right into one of my ears...or sometimes even in my head. It's like being punched by a voice. It's very sudden and brief, but the voice is loud and it also sends a jolt through my body.

What I was experiencing last night was similar in a way, but I don't think that's what it was. I wasn't hearing a voice shouting, but the sudden jolting feeling seemed pretty much the same. It was all very strange. As I said, I don't even know what time I finally made it off to sleep. When I woke up this morning, I wasn't feeling too great. This is just an impression, but this brief dream that I experience last night, I do think that this was a dream from Crystal.

As I've been mentioning, it seems like I have been getting back to having regular/normal dreams on a regular basis. By this I mean dreams that are just regular dreams,...dreams that I don't think are being tampered with by Crystal in anyway. This one last night though, it just gave me the impression that it was not such a normal dream. I'm just throwing this out there as an observation, but it seemed like Crystal was trying to pull me into a dream state before I was fully asleep. This is the second such incident like this to occur recently. It's hard to describe I realize, because I am literally talking about states of consciousness within the states of consciousness or something like that here. The best way I can describe it is being in bed and almost being asleep, but you're very aware that you're not fully asleep yet and then you just have this very vivid dream out of nowhere. It seems to only last a few brief moments and then you suddenly become startled by it and immediately snap back into a state of being fully awake.

I'm not sure if I could even say that you "wake up" from the dream exactly, because it's really more as if you didn't even fall asleep to begin with. It does seem to me like Crystal might be becoming more active on the dream front here. So, I'll try and be observant of these small yet important details. I am convinced that she can tamper with my dreams. To be honest, I think

she can outright create them as if she were playing a movie in my mind.

It is yet another example of her powers of intrusion. I have observed something about these attaching entities since this all began for me back in 2015. They may lack the ability to do certain things in our material world, in our dimension...at least to an intense degree on a consistent basis. However, they can become very masterful and crafty at what they are able to do. In other words, they make the most of the abilities they've got to work with. Well, I'm not going make the same mistake twice in a row.. I'm going to head out and pick up some sleep-aid for good measure. Of course I want to eventually get myself off the stuff. But, for now I think I should still always have some on hand as a precautionary measure, or else I'll keep having bad nights like this over and over.

December 23, 2020

Things were much better last night. Yesterday, I went out and picked up two bottles of sleep-aid. I wasn't about to risk having another bad night where I couldn't fall asleep and I was being subjected to hours of aggravating torment at the hands of Crystal. Before I went to bed last night, I took three doses of sleep aid and it seemed to do the trick. I would say that I fell asleep within about twenty minutes. During those twenty minutes, I was still hearing Crystal's voice and I felt the physical presence. But it was nothing out of the ordinary and it did not prevent me from dozing off quickly.

One thing I do recall from last night is something that was going through my head as I lay there in bed drifting off towards sleep. I remember that I was feeling the physical presence on the right side of my body. It was mainly just that feeling of there being a presence there clinging to me. I thought to myself, (though in a way this was directed at Crystal) that if only she would wait until I fall asleep to do whatever it is she's doing here, then I might not have such a problem with all of this. I'll explain this a bit here.

Before I thought this, I was thinking that Crystal might be leaching energy off me in some way. I thought this because of the nature of this particular sensation, the feeling of something just latched on to my body, just cleaning there. Sometimes these physical sensations seem very much intended to cause me a disturbance, to prevent me from falling asleep easily. An example of this would be when I feel jabs and

pinches coming up through the mattress of my bed. Yet, on other occasions, this physical presence is just there, not really doing much of anything except clinging to me. It does often give me the impression that there's some type of leaching going on here. Crystal has often told me that she does in fact drain what she calls "astral energy" from me. However, since this is coming from her and I know that her statements cannot be trusted, well there it is... I cannot believe it at face value just because she says it is so.

I'm not ruling out the possibility that sometimes Crystal is telling me something that is the truth. In fact, I think that this is rather likely. The problem is, she tells me so much conflicting and contradictory information, that I wouldn't recognize a truthful statement from her when I heard it. I know for a fact that she deliberately feeds me disinformation exactly for this reason. She'll make statements that contradict her previous statements. She keeps flip-flopping her stories, changing them around. So, I can't be certain that she's telling me the truth when she's telling me that she's draining me of "astral energy" as she says.

I'm just saying that sometimes the sensations do give me the impression that there is in fact something like this going on. Thoughts like this were running through my mind last night in that brief time before I fell into a deep sleep. And as I mentioned, I thought to myself ...if Crystal is in fact draining me of energy here, if she just waited until I fell asleep then this would reduce much of the tension between us. Don't get me wrong, there's all sorts of problems and flash points of confrontation between myself and Crystal regarding many aspects of this situation. This is an

extreme intrusion situation. This entity is literally attached to my life. It's like she's kicked down the door to my perceptions and she's charged right in. She's tried to set herself up as a kind of dictator over my life. She acts like she has the right to judge me and condemn me.

I have to stop myself here. I can keep rambling on with the long list of our flashpoints, those things we really butt heads about metaphorically speaking. Getting back to last night. So yes, I was just thinking one way to smooth over at least one of these flashpoints would be if she simply waited until I fell into a deep sleep and then started draining energy from me or whatever she does. Of course I still wouldn't be happy about this in the slightest, however at least she won't be disturbing me while I'm trying to fall asleep. I don't mean this to sound as some sort of appeasement, but when you're in this kind of situation for this long, sometimes these little compromises begin to seem quite appealing.

Aside from her constant chattering, disturbing me when I'm trying to fall asleep has been a terrible aspect of this whole situation for me. Every night it seems like I have to run the gauntlet of whatever she's throwing at me to make it to the destination I long for, sweet glorious restful sleep. It's something I have to fight for practically every night. I've pleaded with her more times than I could ever hope to count just to back off here, let me fall asleep in peace, I'm a human being it's a damn physical requirement that I sleep. None of my pleading has ever done a bit of good it seems. Crystal seems completely indifferent to my plight here.

Say that this is true, that when I feel her presence clinging to me like this, she's leaching astral energy from me as she says. Would it be such a big deal if she just waited a little bit until I fell into a deep sleep before she begins her leaching? Would it be such a major thing to simply let me fall asleep in peace? I don't think it would be, but it seems like she simply doesn't care about showing me any kind of consideration like that. Yes, all I sense from her is complete indifference. This is another reason why I sometimes have suspicions that I'm not dealing with a being here that was ever human like me. As I have stated previously, this is very much an open question for me.

Just by outward appearances, much of the time Crystal can seem human enough. Much of the time her voice generally sounds like a human voice. But it's just these impressions that I get, these impressions I pick up from her mannerisms and the things that she does that really make me wonder about this question. I would think that if I was dealing with a being here that was once a living breathing human being like myself, at least some of the time they would be less and indifferent regarding this matter of my need for sleep. They would really know what I'm talking about here because they to once lived in a physical form and sleep was just as much a requirement for them as it is for me.

Yes, maybe most of the time they would still be cruel about this, but I would think that at least at some point even if it's very seldom, they would give a little on this because they would be able to relate to what I was talking about. Yet, all I've ever picked up

from Crystal has been a sense of complete indifference. I just don't know, ...this is just some food for thought here, and again her identity is very much an open question for me.

I know that I'm going to sound like a broken record here, but I just want to reiterate that the constant nature of these intrusions is really something to take into consideration when talking about the dangers of the kinds of activities that can lead to an attachment situation like this. In this case, I'm talking about how Crystal can just keep going with her disturbances and her harassment at night when I'm trying to fall asleep. As far as I can tell, she doesn't grow tired or fatigued as the night goes on. There isn't a point where she quits causing me disturbances because she's tired and worn out. She can keep going and going and going around the clock with her harassment. Whatever her true origins are, there are certainly a lot of differences between her and I. Perhaps Crystal does need to rest at some point, power down, or recharge, I don't know.... but as far as I can tell, it's nothing like the seven or eight hours of sleep I need each night to get by.

December 24, 2020

I had a rough time falling asleep last night. But this time, I don't think it had anything to do with Crystal. It took me a few hours to get to sleep and I had to get out of bed at one point and take another dose of sleep-aid. Crystal's harassment was actually pretty minimal. I was hearing her chatter a little bit and there was a little bit of the bodily sensations, but not a whole lot. A couple of times I remember asking myself "what's going on here, she's not harassing me". It was a break from the usual routine, so that was a bit out of the ordinary. I don't know what it was, maybe I drank too much coffee yesterday or something. But I'm definitely not blaming her.

Well, it's Christmas Eve tonight. I'm not doing a whole lot. That's fine, I'm fine with it. Just one thing I want to mention. I've been hearing Crystal refer to me as a "hostage" quite a bit over the course of the past few days. I was hearing her use this term quite a bit today in fact. This is nothing new, she refers to me as a hostage and this situation as a hostage situation quite often and she has done this for quite a long time. Last night, when I was hearing her talking, I picked up on that she was talking about some type of "hostage exchange". Again, I've heard her mention this before. I believe that she's implying that sometimes people like myself who are stricken with this condition can get out of it if some entity (like Crystal I assume) is released from their own captivity or bondage by....here's where it gets tricky, Crystal often uses the term "the authority", but I'm not really sure what she means by that.

I guess it breaks down to that there are entities out there roaming the Earth like Crystal and when they see an opportunity to take human beings hostage like this, they seize it. If I understand her correctly, they take

these hostages because they want something in exchange from this authority. Now, as I mentioned, I've heard Crystal talk about these hostage exchanges before. I guess with this, there would be a whole lot going on behind the scenes, in the spiritual realms or in the astral planes, where I just don't know who's negotiating with who. This is an example of the kinds of things that I often hear from Crystal. One of her storylines. Is she just making this up? Is she deceiving me here? I don't know, I just know that she likes to tell stories and that she's still here, so if there's some kind of negotiation going on somewhere regarding my situation, I guess things haven't been resolved yet.

I suspect that Crystal is just telling me a story with this one, because I believe I see her angle with this. She's trying to instill some sense of hope in me that she'll be releasing me as a hostage before too long. If I believe her and I started communicating with her about this, even just through my thoughts, I suspect that she would keep adding more and more onto this story and at some point she would pull the rug out from under my feet. This is the kind of thing that these entities were doing to me back in the beginning, back in the Spring of 2015. They would tell me things, try and offer me hope of getting out of this situation, but then they would turn around and make it all seem like a bad joke. I remember that they would tell me that I had to do this or had to do that, that I had to change my life, start going to church every week and start working with charities or things along those lines.

This is something to note here, because all of these things that they used to mention to me...they're not bad things, not at all. But, they would try to get me to react to them, they would try to get me to do things, to change my ordinary behavior as a response to the things that they were saying to me. In other words,

they seemed to enjoy leading me on wild goose chases that went nowhere. They seem to want to instill some sense of hope in me and then crush it for their own amusement. No, the voices never told me to do anything evil. They tried to make me feel like I was already evil and I had to go out and do all of these good deeds or else they wouldn't leave me alone. I had to make amends for being so evil (at least in their eyes supposedly). They have a way of making you look inward and reflect upon your own life. They act like they have the authority to judge you, and they want you to believe that they have the authority to judge you and condemn you, or to give you a reprieve even. From my own experience, it was all just ploys and mind games.

Back during the Spring of 2015, I actually heard one of the voices say to me "we lift you up to take you down". A little over a year later, I met another individual who also started hearing voices after being involved with EVP recording, and she told me she heard a voice say the same thing to her, the exact same thing... "we lift you up to take you down". So, I'm not going to get my hopes up that Crystal will be leaving anytime soon as part of some hostage exchange. As I said, I've heard this one from her before, I'm surprised she is still recycling this old storyline. Yeah, that seems to be something that they do, they're all about their storylines. I've often thought to myself, that if these attaching entities didn't flip their stories around so much, then my situation might look a lot different, and not in a good way. If they told me some far out story in the beginning and this was the only story that they told me and they stuck with it, maybe I would still be believing it today. I don't know. What I do know is that within a fairly short amount of time back in 2015, they really essentially gave themselves away as being serious liars. They just kept coming up with all these stories and one wouldn't have anything to do with another one. They would often contradict each other. It didn't take me long to

**realize that I couldn't put much value in anything that
I heard them say.**

December 26, 2020

It's the day after Christmas here, but I want to talk a little bit about some incidents that occurred on Christmas Eve. Crystal gave me some trouble that night and I remembered that she did the exact same thing last year as well. It took a few hours before I finally fell asleep and I was feeling quite tired on Christmas day. I'm starting to think that she did this intentionally, messing with me a bit more on Christmas Eve in some cruel attempt to ruin my holiday. Like I said, this is two years in a row. I'll try and recall as much as I can from the other night.

I went to bed probably sometime shortly before midnight. I took a couple of doses of sleep-aid just as a routine measure. I wasn't expecting any trouble out of the ordinary, though maybe I should have been. As soon as I got into bed, I was hearing Crystal's voice chattering away and I began feeling the physical sensations. I remember that I was feeling some jabs and pinches coming up through the mattress hitting me at my lower back. Yet, I was also feeling a presence moving around on my legs as well. For a few moments there, I was thinking to myself just trying to imagine once again what Crystal could possibly look like since I'm feeling these sensations in different places. She picked up on my thoughts as she always does. I heard her voice say "it's not just Crystal here, there are three entities here". I was only hearing Crystal's voice so I really didn't know what to make of this statement. Actually it contradicts something that she has often told me in the past.

I have had these same thoughts many times before where I am feeling separate and distinct sensations simultaneously on different parts of my body and I was wondering how many entities were present. I've had

these thoughts many times, and at one point, I began hearing the same statement from Crystal regarding this. She would often say "there's just Crystal here, I'm just expanding my energy". So here I was on Christmas Eve, once again feeling the simultaneous sensations on different parts of my body. Yet here, Crystal was not claiming that it was just her "expanding her energy", she was saying that there were more entities present. So here's a good example of what I've been talking about as far as Crystal often contradicting herself. She'll say something that will completely contradict previous statements that she has made. In the end, I don't know what to believe, so I usually just choose not to believe anything.

Crystal was present that night, of that much I'm sure. But, I'm simply not sure about the rest. The weather outside that night was also a contributing factor in my sleep routine getting all fouled up. It was raining heavily, with extremely strong winds. There's a big sliding glass door in my bedroom that goes out to the small balcony where I smoke my cigarettes. The rain and the wind were coming down at such an angle that it was hitting the glass in a very direct and noisy manner. I remember thinking to myself that it seemed like my apartment was a ship being tossed about on the waves during a storm at sea. It was a pretty bad storm and it peaked just at that time, close to midnight when I went to bed.

As I have mentioned many times in my writings, I'm a light sleeper and this I believe is one of the reasons why I have so much trouble at night with Crystal's presence and the disturbances she creates. If there's any kind of disruptive noise in my immediate environment, then I typically do have a much harder time falling asleep. So that night I had Crystal's constant chatter and the physical sensations and then also this vicious storm going on outside. The prospect of falling asleep quickly was not looking very good.

So there I was lying in bed, hoping that the sleep-aid would take effect and just knock me out quickly. However, this didn't happen. What did happen is that a thought popped into my mind, I thought of something I had seen on a social media website that day. I thought about George Washington crossing the Delaware River in 1776. Yes, at some point that day, I was on the internet and I saw an article about it, about the anniversary of it. I admit I'm a history buff, so it's not too unusual for me to recollect something that caught my interest while I'm in bed at night waiting to fall asleep. I remember that I was thinking something like "I wonder what George Washington was thinking right now back in 1776". To no great surprise to me, I heard Crystal make a comment about what I was thinking. I don't remember what she said exactly. But, for some reason I decided to try a little experiment on Crystal. I asked her how many years it has been since Washington crossed the Delaware.

I remember thinking that here's a chance for Crystal to really show me how superior she is. Let me just back up for a moment here, she had been going heavy with the she's a "superior life form" talk all that day. So I wanted to see how fast she could shoot out this answer. Plus, I also figured that it would be further proof that she is a real external sentient being. Very quickly she threw out the number 258 years. To be honest, I didn't know the answer myself off the top of my head and I'll be the first to admit that I'm very bad at math. As I said, I'm a history nerd. I got very good grades when I was in school in my history classes, but I had a very difficult time in my math classes. I remember that I had to repeat particular math classes a few times. It was a subject that I was never any good at. So, I wasn't sure if this number...258, was the right answer or not.

I got up out of bed and I went over to the kitchen counter where I had left my phone. My phone has a calculator feature, so I typed in 2020-1776. The answer was 244. So Crystal was wrong. I was both a little surprised and not surprised that she was wrong. She threw that number out at me extremely fast, so it didn't seem like she even took a few brief moments to ponder it or crunch the numbers or anything like that. But being given this wrong answer, it made me do a little bit of self-reflecting there for a few moments. I found myself second-guessing this whole situation with Crystal. I asked myself if it was possible that she is just some kind of creation of my own mind and she's not an external entity. Just in my thoughts, I even asked her about all of this. I was thinking something like "what the hell Crystal? I thought you were so superior and that you were a separate being.... you didn't even give me the right answer to this question".

I remember her reply, she said "it doesn't work that way". I'm not really sure what she meant by that, but that's what she said. So there I was, just pondering if it was possible that Crystal wasn't real. I was back in bed at this point and just as these thoughts were going through my mind, the physical sensations that were coming up through the mattress of the bed increased in intensity quite a large degree. These sensations felt more than real enough to me. So, I wasn't lost in these ponderings for very long.

After that, Crystal started going heavy on the cryptic talk. She was saying mysterious things. At one point, she was telling me how human beings....humanity at large, was created by alien beings. She also kept saying something about gravity. I'm not sure in what context. But, I heard her say the word gravity several times for a little while. Unfortunately, this kind of talk is not out of the ordinary for her. When she's not throwing insults at me or making criticisms of me,

she's usually talking about these mysterious things. Some of it is actually quite interesting in a way, yet I know that I simply cannot believe anything that I hear her say at face value.

Eventually the wind and rain began to settle down a bit. It didn't seem like my small apartment was a shipping tossed around on a stormy sea anymore. Crystal kept going with the cryptic talk for quite a while and then at one point I remember her wishing me a Merry Christmas. I fell asleep eventually. I'm not sure when it was exactly, it could have been two o'clock or three o'clock in the morning for all I know. I was tired the next day....Christmas Day, but I got through it okay. Since this is two years in a row now that I've had a difficult time on Christmas Eve, if I am wise enough to remember next year, I'll try and prepare a little better. While I can't say for sure, my strong suspicion is that Crystal deliberately tried to foul up my Christmas holiday with an attempt at sleep deprivation.

December 27, 2020

I just want to quickly talk about something that occurred last night. It was probably around 9 o'clock at night or so. I went outside to smoke a cigarette. It was very cold out and I remember looking up at the moon. I was hearing Crystal's voice chattering faintly. I don't remember exactly what she was saying, but I remember that I caught myself essentially completing her sentences through my own thoughts. This is something that I find myself doing every once in a while, much to my dismay. It's hard to describe, but it's like I pick up on something Crystal is saying and just through my own thoughts, I start finishing her statements essentially. It's like she initiates a conversation and I just pick up on it and my thoughts run with it. I realized that I was doing this last night when I was outside smoking and it just hit me that this is something that I need to watch out for. It gave me a bad feeling that by doing this, it seemed like I was linking my own mind up with Crystal in a strange way. It seemed like it was taking a step towards connecting our thoughts or thinking as one in a sense. This is obviously something that I would not want.

So it hit me that I was doing this, that I was essentially anticipating and finishing her statements. I began to think to myself, maybe this is what Crystal's motive is. Maybe she's trying to connect herself in some way with a human being so that she can experience certain things in this world as a human being does. To explain this, I have to discuss things that I hear Crystal saying sometimes about life on this planet. And as with so much else regarding the things that she says, her statements are not always consistent. Sometimes, just by picking up on what she's saying, I can tell that she is implying that she doesn't want to be in this world (ie: on Earth), or as close to it as she is presently. From some of what I

hear, I get the impression that she almost feels marooned here in a way, or trapped here. Yet, there are also occasions when I will hear her say that being in this world is better than being in her world. More recently, her comments have been going in this direction.

With these statements, I get the impression that she does want to exist in this world. I'll even literally hear her say as much, I'll hear her say "I want to exist on this planet". So, after I caught myself doing this thing last night where it seemed like I was finishing her statements and I felt very uncomfortable about this, I began to ponder if this is something that she's hoping to achieve. Maybe she wants to intrude into my very being as much as she can because perhaps it allows her to further experience things in this world or in this dimension. Being that this is a very mysterious situation, I often find myself having these kinds of heavy thoughts regarding what it could all mean and what Crystal's really all about.

So while I was outside there for a few minutes last night smoking a cigarette, I found all these thoughts running through my mind, wondering if this is something that Crystal wants, if she wants our thoughts to essentially become entangled, because she's trying to connect with the world through me. She picked up on these thoughts that I was having, which is no surprise to me she always seems to. She made a statement replying to these thoughts that I was having. I heard her voice say "it's not as distant as that". Right away I was baffled by this statement, wondering what she meant by it. She caught me off guard, because to be honest it wasn't the kind of answer that I was expecting. Perhaps I should've expected it though, seeing as she often speaks in a very cryptic manner. "It's not as distant as that". I'm still wondering about this one. I simply do not know what she means by it. Perhaps she didn't mean anything, she just saw that

I was thinking these deep confusing thoughts and she thought she would add another riddle to it. That seems fairly likely to me.

Anyway, I had another rough night last night in regards to falling asleep. It seemed like it took two or three hours before I finally made it off to sleep. I don't think this was all because of harassment from Crystal, though she was contributing to it a bit last night. I'm a week into my break from work, so this has already changed my sleep routine just on its own. I've been going to bed a little later and waking up a bit later than I would otherwise be when I'm working. So maybe it's just a case of my internal clock getting a little mixed up here. But, as I said, Crystal was contributing to the problem a bit last night.

I remember that she hit me with two "shout attacks". This is where she'll shout right in my face or right up to one of my ears, or sometimes it seems like it's in my head. It's a very quick sudden shout. I often describe it as akin to being punched by a voice. It's very sudden and it sends a jolting sensation through my body. This was a tactic of disruption that she was using to a large extent during the Summer of 2019. She hasn't been using it that much this year, definitely not compared to last year. However, she does still hit me with this every once in a while and actually I observed that sometimes the shouts that I do get hit with these days are even stronger than they were back in 2019.

I got hit with a very strong one last night. As I mentioned, I got hit with two of these shout attacks last night. They were spaced out quite a bit. I didn't get hit with the first one until I was starting to drift into that state where I'm half awake and half asleep, or the "in-between zone" as I often call it. And then it seemed like a bit of time went by before I got hit by the second one. It was as if she was waiting

until I was getting close to the point of falling asleep and then hitting me with the shout in order to startle me and begin the whole process of falling asleep all over again.

One of the shouts was very clear I remember. It wasn't the loudest shout I've ever heard from her, yet it was very clear. By this I mean, most often when I hear Crystal's voice, it's usually fainter and it has a higher pitch quality to it than your normal human voice. Her voice does generally sound like a human voice, there's just these couple of characteristics to it that makes it sound a bit different from a regular voice. However, last night one of the shouts I was hit with sounded more like an in-the-flesh human being sneaking up to me while I was in bed and shouting right into one of my ears. I recognized it as being Crystal's voice right away.

The physical sensations were also present as they most often are. As I mentioned, it seemed like it took a good two or three hours before I finally fell asleep last night. In a strange way, I almost feel like I'm ready to go back to work. All year long I look forward to this break time, the holiday break, but now that it's here, it just seems like my routine, my internal clock as far as sleep and such goes, is getting all mixed up. It's not really Crystal fouling things up any more than usual, which has occurred in the past while I've been on a break from work. It's just the way it is. Well, one more week to go and then I'm back to work and before long I'll be wishing I was back on break again. That's just how it goes for me.

December 28, 2020

A few weeks ago while I was browsing around on the internet, I stumbled upon another account where a person captured EVPs while they were recording themselves sleeping. This is the second such account like this that I've come across in just the last couple of months. I don't remember all the details, but this person stated that they were monitoring their sleep, apparently they were having some trouble sleeping and they were looking into this a little bit. On one occasion they went back and reviewed their recording and they were startled to hear a voice on it. This individual did not recognize the voice as anyone she knew and I believe she went on to explain that there was no one else present at the time, so thoughts of some type of paranormal activity ran through her mind.

She was a bit shaken by this incident. She stated from the start that she wasn't involved in paranormal research in anyway and that she was simply recording herself sleeping to investigate this sleep issue that she had been having and she by no means was intending to try and capture EVPs. This is a very similar scenario to an account that I just saw just a couple of months back. There as well, a person was recording themselves sleeping, it had nothing to do with trying to capture EVPs, they were having a sleep issue and they were just trying to get a little more information for themselves. In this account as well, when they reviewed one of the recordings, they were surprised to hear unexplained voices on it.

With this more recent account, I could tell right away that this woman was deeply affected by this incident, deeply trouble by it. I could tell right away that aside from being troubled by this, she was also feeling a strong sense of curiosity. She even stated as such in one of her comments. This is where I chimed in and offered her my opinion. Without going into too much

detail, because I didn't want to frighten her even further, I told her that I was experimenting with EVP recording for a couple months back in 2015 and it took a really bad turn. Again, without listing too many of the unpleasant details, I basically told her that I was experimenting with EVP, and I too was hit with this extremely powerful feeling of curiosity, and that by the end of the second month of recording, I began experiencing incidents of hearing some of these same voices beyond the recording sessions.

This was a little bit of a tricky situation for me. I wanted to give her a warning, but I didn't want to add to the sense of apprehension that she was already experiencing. However, I did feel compelled to give her at least some warning about this particular danger because of how she described feeling this strong sense of curiosity almost compelling her to investigate this matter further. It seemed like there was a real chance that she would do more recordings and this time she would be specifically looking to see if she heard unexplained voices on them. From what I could gather when I went back to the forum a couple of days later, it seemed that she decided not to try and investigate this further on her own, but just to try to put the incident behind her and go on with her life.

In the account that I read a couple of months ago, I saw a few of comments that people left where they encouraged this individual to investigate this further by intentionally recording to see if the individual could capture more voices on recording. Notions of trying to communicate with this "spirit" or "spirits", that the spirits may want some kind of help were present in these comments. For some of these people leaving comments, it seemed to me that right away their assumption was that there was a spirit involved here. I understand that assumption, it was my assumption to when I first started recording in 2015. I'm not saying it's wrong, I don't know that. But, given the fact that

I'm still dealing with one of these entity attachments from going back to when I was recording EVP, the issue is much more of an open question to me now than it was to me back then.

This voice that I still hear today, the one that calls herself Crystal, I don't assume anything about her identity anymore really. As I stated previously, it's hard for me to even pin it down to a personal opinion on the matter. She can give me certain impressions at times, but then she can switch things around. EVP sessions are a common feature on ghost hunting television shows, so sure, it could cause many to have an assumption that if someone catches an EVP, even unintentionally, well it must be a ghost then. Again, I'm not saying this isn't the case in some situations, I just mean to say that these assumptions about such a mysterious phenomenon that we still know so little about may incite a person to give another some really bad advice. After having gone through what I've gone through with this whole entity attachment situation, I admit I cringe when I see people on the Internet making comments encouraging others to start investigating mysterious happenings in their home by doing EVP sessions.

Back in 2015, the first account that I came upon from another person that sounded very similar to my own, involved an individual that was recording themselves sleeping. This individual was also very surprised to hear unexplained voices on the recordings and in this case, I would gather that their curiosity led them to investigate this further. In this case, it seemed like the individual either continued recording themselves sleeping, but now with the intention (even to a small degree) of investigating these mysterious voices further, or they went back and listened to these previous recordings containing the voices quite a bit. I say this because I think that a major contributing factor in developing this condition of what I often

refer to as "hijacked clairaudience", is listening very intensely to these EVP voices.

Just in my own case, yes I would say that this was a huge factor. I'm sure that there were other factors involved as well. But, I think that when I really let my curiosity get the better of me and I listened to these recordings that I had made over and over and over again to try and discern what each and every voice I heard was saying, I think I was definitely doing something that was altering my hearing. Within a short amount of time I found that I was getting better at hearing these voices on my recordings. It seemed like I was tuning my hearing to them.

This account that I came across in 2015, this individual also stated that they also were stricken with a condition where they were being tormented by voices and also experiencing some physical phenomenon as well. I knew right away that it was the same kind of situation that I was dealing with. So here is a case where recording yourself sleeping led to a bad outcome. I understand that when people are recording themselves sleeping they're most often not intending to investigate the paranormal or electronic voice phenomenon specifically. But, I am seeing more cases where recording yourself sleeping can cause a person to find themselves in a situation where they end up potentially investigating the presence of mysterious voices that they capture. This touches upon some very complicated and controversial things I know. Just within the paranormal aspect, some would probably say well it's best to investigate the presence of these voices to see if communication could bring about a positive outcome or resolution. Maybe that would happen in some cases. All I'm saying, is that I've seen at least one case where it led to a bad attachment situation like my own. So, that risk is out there I would say.

Back in 2015, I tried to contact this individual who wrote this account of hearing voices after listening to these recordings that they made of themselves while they were asleep. I never received a reply. Having gone through this attachment situation myself, I would say that there's a very good chance that if I had asked this individual if he had it all to do, would he never have recorded? I'm guessing he would probably say most definitely. I know that if I had to do all over again I would stay clear of all of it. As I mentioned, it's that strong feeling of curiosity that can pull you in sometimes. I know that as human beings, it's in our nature to be curious about unexplained things sometimes. However, I'd say that sometimes it's just better to leave things alone.

December 29, 2020

Well, I think I'm starting to reach a point where I've finally had enough of this time off from work. By this I mean the eighteen days that I have off from work. As of today, I have six days left. I confess, I find that I've become quite lethargic. I'm going to bed late, I'm waking up late. I had all these things that I wanted to do and take care of and I have barely done any of them. Now I'm going to have to scramble to try and get as much done as I can over the course of the next few days. A strange kind of laziness has taken hold of me I would say. I understand, this is supposed to be my downtime. In about six months, I'll be wishing I was back on break. 2020 was a very hectic year for me in regards to my work at all, and 2021 is set up to be even more so. I'm not going to be too hard on myself for being a couch potato these past few days.

Anyway, pretty much the same old things are happening with regards to the situation with Crystal. I did have one incident this afternoon that stands out. I was taking an afternoon nap. I was woken up by the sound of an incoming text message on my phone. Now my phone at the time was down the hallway in the kitchen of my small apartment. It was just a brief ping, but that's all it took to wake me up. This is what I mean when I often refer to being a light sleeper in my journals and when I talk about how I think this creates a very problematic situation for me in regards to Crystal's harassment at night. So, the sound of the incoming text message woke me up, but I didn't jump out of bed right away and go check the message. It was one of those wake ups where it took a few minutes to drag myself out of bed. During these few minutes, something quite strange happened, though unfortunately it is something that happens quite often anymore. I opened my eyes, realized that it was late in the afternoon and I should

get out of bed, but it just took me a little while to get going.

I was in my bed, lying on my back and all of a sudden I feel a presence land on my body. I was hearing Crystal's voice coincide with this, so it is my strong suspicion that this presence was in fact Crystal. Basically the presence landed on my stomach and then I could actually feel it walking up my chest. It seemed like I could actually feel these little legs. And then I felt something poke me on the underside of my left shoulder. Once again, I am getting the impression that there's a main body and then there's some kind of limb or such that extends out from the main body at least a couple of feet. This is starting to become a regular occurrence. Again, I truly do believe that it's Crystal because when I have these intense incidents, I'm hearing her voice at the same time. And as I've mentioned previously, where things are at currently with my situation, Crystal is the only voice that's here now on a day-to-day basis. Other voices still occasionally seem to show up, but it's becoming less frequent I would say, and they don't stick around. Only Crystal sticks around, but then she always has since the beginning.

I've had a number of similar incidents this past year where I feel this presence essentially land on my chest and then I'll feel another sensation, like a slight jab or pinch on another part of my body. It's very difficult for me to try and visualize what this entity looks like based on the sensations that I'm feeling, but I have tried. This afternoon, just like on a number of occasions this past year, I definitely picked up on the presence of a main body. And this isn't the first time that I've picked up on.....I guess what you might consider....these small legs. This afternoon the presence of the legs really stood out because I could actually feel this presence walking from my stomach up to my upper chest. And then, just a

few brief moments later, I felt that jabbing sensation down at the underside of my left shoulder.

Not too long ago, I had a similar experience and I was really wondering about this other jabbing sensation that I was experiencing away from "the main body"...this mysterious extension. Crystal said to me "that's my antenna". One time she said that she had "sixteen antennas". I only typically feel one, maybe two at most of these other sensations away from the main body, certainly not sixteen. I suspect that she's just messing with me with that one. There does seem to be this extension though, perhaps an antenna like she says, I just don't know. This has been a reoccurring thing recently where I feel "a main body" and then this extension jabbing me on another part of my body. It's really not anything recognizable to me. I guess this afternoon when I felt the main body and these little legs walking up my chest, the closest comparison would be something like a cat walking on your chest as far as the size and even the weight to a degree. Though, I would say that Crystal's presence didn't have as much weight as a full-grown cat. It wasn't just moving all around me wildly either. It took these very nimble little steps, also similar to a cat. I'm not saying that Crystal is some kind of mysterious cat entity, but just the size, and how some of these sensations feel, that's the closest analogy of something recognizable that I can come up with right now. In truth, it's definitely something not recognizable to me. I'm not feeling any kind of human feature from it at all.

There were a few occasions back in the early days of my situation where I felt what seemed like fingers jabbing me, or hands grabbing me, and they seemed more recognizable to me as human-like features. This presence that I felt today, there were no recognizable human features to it at all. I have also felt the sensations in a number of different ways. They can sometimes be something very small to something with

much more size to it. It's been my personal opinion that Crystal can materialize in a physical sense, to a greater or lesser degree. I have not always perceived her physical presence in the exact same way.

I've perceived her presence in ways that have been the more common, in other words....that I experience the most frequently. Yet, there hasn't been one consistent way across the board. She has even told me in the past that she materializes to a different degree at times. Or sometimes, she'll say that she's "expanding her energy". This is coming from her, so I cannot assume that it's all accurate information. However, just based on my own experiences and my own observations, it does seem that she can materialize to different degrees at times.

There have been a few occasions where I've heard her say that "in this world, I am a bigger life form than her." Essentially she's saying that she is smaller than your average adult human being I take it. She does usually include that statement there "in this world". Is she implying that in her dimension the circumstances would be different? I simply do not know. So, while I've had pretty much identical experiences before, it still shocked me a bit this afternoon, the degree to which I was feeling this pronounced physical presence. It was one of those incidents where I would say that I felt like the reality of this whole situation was slapping me in the face once again.

As I mentioned previously, this has been a common occurrence this year. In many ways, my situation has stabilized a lot more than what it was in the beginning. Earlier on in my situation, things were quite a bit more chaotic I would say. I was greatly impacted by the presence of Crystal and earlier on there seemed to be other entities frequently present as well. I'm not saying that I am fully adapted to

Crystal's presence now, but yes...I would say that I am more desensitized to it.

Hearing Crystal's voice as much as I did troubled me quite a lot in the beginning. Now, it's almost like I regard it as just an everyday sound in the background, just like the sound of the wind or something like that. Sure, I still have my struggles with it, I'm just saying that compared to how things were for me in 2015 or 2016 for example, I am more desensitized to a lot of it now. So in a sense, a larger degree of stability has taken root in my day-to-day life. To some degree yes, things seem closer these days to how they were before this attachment/intrusion situation ever began. It's definitely not the same, I'm just saying it's a bit closer. So, when I do have these more intense incidents like this afternoon, it just hits me, the reality of it hits me hard and it's like I'm being pulled backwards.

Sometimes when I'm at work for example, and I am really focused on things there, and my mind is occupied with work matters, for a short time it's almost like this whole situation isn't even happening. It feels like it's not really happening at all and I might even catch myself thinking how could this be actually happening? How is it even possible? Yet, before too long, I'll have some incident like the one that I had this afternoon and I'll be hit with the reality of it all once again. It is really happening.

I know that many people would be very skeptical my story. They would think that I'm just delusional or they would say that I suffer from a mental illness. If only they could experience what I experienced this afternoon. There's no denying it, I felt very real external presence on me. If it was just some kind of delusion, why is it always centered around this Crystal persona? Why is it always the same voice? Why is it always the same personality? And Crystal does have a distinct personality. As I mentioned, there is

sometimes variation to these sensations. Yet, as I also mentioned, these variations are things that I experience quite frequently in themselves. So why is it always the same things?

As I wrote about a little while back, I've had a number of incidents since 2015 where I've captured Crystal's voice on recording unintentionally. I just had one of these incidents a few weeks ago. Why is it every time that I go back and listen to these recordings, I still hear Crystal's voice at the exact same spots where I heard it all the other times? I can pinpoint it down to the second on the recording. It's still there, her voice is there every time. I have played these recordings for others and some have heard Crystal's voice as well. Not everyone, but a good percentage of the people that I've shared the recordings with also heard a voice on the recordings. EVP's are like that, sometimes people just don't seem to hear them no matter what. But it's there, I can pinpoint it down to the exact second.

Well, I don't mean to ramble off into different topics here. I just wanted to state that this afternoon was another example of how it's been this past year. A kind of stability has taken hold in one sense, but some of these incidents are still having quite an impact on me. I'm going to wrap things up here. Hopefully tomorrow I'll find some motivation to go out do something with my time. If I don't, I'm not going to be too hard on myself. After all, I only have a few days left and then it's back to work.

December 31, 2020

Well, it's the last day of 2020. I'll be glad to see it go. 2020 was a rough year, no doubt about that. It was rough for many people for several different reasons. The pandemic situation is high up there on the list of course. It's been a very surreal year just on its own, and I'm not referring to anything involving this entity attachment situation with Crystal. That's been surreal since it all started back in 2015. So, I'll just bring things up to date. I've only got three days left of my vacation time from work. I go back to work on Monday. I have mixed feelings about this. I know that 2021 is going to be an even more hectic year at my job than this past year was. So, I do not feel any kind of urgency to dive right into that. Yet, I've just had this strange feeling all week, essentially I don't know what to do with myself. At least with work, I have a day-to-day routine. I mean there is a lot of stuff that I wanted to take care of over the break, but I just found it hard to get motivated. Oh well, I guess I'm just complaining for no reason. As I said, six months from now I'll be wishing I was back on break.

Anyway, I'll bring things up to date with regards to my situation with Crystal. It's pretty much just been the same routine stuff, though I did have a strange incident two nights ago. In my last journal entry I had talked about how I had an incident in the afternoon a few days ago, just after I woke up from taking a nap. I felt Crystal's presence in a very pronounced way once again. Basically, I awoke in the afternoon and I felt an unmistakable presence landing on my stomach and it then seemed like it was walking around on my chest. As I stated, unfortunately this kind of incident is nothing new for me, it's been happening quite often recently. However, I find it significant because it seems like the more that I have these kinds of incidents, the more that I'm starting to be able to

discern features and characteristics about this presence that I'm feeling. For example, the incident that occurred the other day, it seemed to me like I was feeling these little feet moving around on my chest. It was very strange and I want to emphasize that this presence was not recognizable to me. The closest comparison that I could come up with was the feeling of a cat jumping up on me. That is the closest analogy that I have for now, but I know that what I felt was no cat.

Just based on the physical sensations themselves, I'm still not able to visualize, or even attempt to visualize what this entity/Crystal looks like. However, that night I had another strange incident. I had gone to bed and I was just lying there waiting to fall asleep, dealing with a degree of harassment from Crystal, which is unfortunately the norm. At one point I felt something very small in my right ear. It was like it was bouncing around right there at my earlobe. Just as a size comparison, it was something maybe similar the size of a pea that just seemed to be right there bouncing around in my earlobe. While I was feeling this sensation, I was hearing Crystal's voice. So here again, it is my opinion that this presence was in fact Crystal, only here she was in a much smaller form.

The presence that I felt that night, for that brief time that I was feeling it at my right ear, felt much smaller than the presence that was moving around on my chest during that incident in the afternoon. During both incidents I was hearing Crystal's voice and I believe that in both cases the physical presence was Crystal. I believe that she can materialize (if that's the right word) to a larger or smaller degree. I have never experienced a physical presence that was very large. I would say the closest would be when I occasionally feel the strange vibration sensation engulfing half my body. That's the largest it ever

seems to materialize. I'm not sure if Crystal has her limitations here, that she can only materialize so much. I'm not sure if there are certain factors and certain conditions that have to be right at a given time for her to materialize to a certain degree. I am simply not sure. It's just my personal opinion, based on my observations that she can in fact change the form and size of her presence.

This afternoon, I tried once again to take a nap, but I was not successful here. Crystal was causing me to feel the physical sensations once again and I just could not ignore it enough to fall asleep. Here I was feeling sensations on different parts of my body. But, the main presence seemed to be down right above my knees and then I was feeling these slight jabs on my arms. This was another case where I perceived what you could call "the main body" or "the main presence" and then these smaller sensations elsewhere on my body.

Later this afternoon, I was also browsing around on the internet for a little bit. Yesterday, I was on a paranormal themed discussion forum that I sometimes frequent. I left a comment for an individual who stated that they had just received a Spirit Box as a gift and that they were planning on using it soon, and that they had a specific location in mind where they wanted to use it for the first time. This individual was asking if anyone had any advice on ways to protect themselves from negative entities or other such bad situations like that. I left him a brief comment. I didn't go into a lot of detail.

I did start by saying that I was experimenting with EVP recording and also using a Spirit Box (but the Spirit Box only to a small degree) back in 2015 and that things ended up going badly for me. So, I told him that I guess you could consider my opinion biased here. I said that of course the safest protection would be if they just stayed clear of all this. Just lie to whoever

gave you the gift, say that you love using it, but just stick it on some shelf in your closet or something like that. Staying clear of it would be one way to avoid trouble. However, if he was set on taking up using this Spirit Box, I told him that at least for me, one mistake that I know I made was to let myself get swept up in it all to the point where doing sessions had essentially become an addiction for me. I told him, if things start getting interesting, there can be a strong sense of curiosity and that curiosity can be a powerful force. I said that if you used moderation, pace things out, only use the Spirit Box every once in a while, then that might very well lessen the risk of running into an attachment situation. I basically said just be mindful that you don't find yourself getting caught up in it too much.

This afternoon I just wanted to go back and see if he had replied with anything. I would provide more details about my own situation, but I didn't want to just throw everything out there all at once. He did not reply as of today, but I did see other people leaving comments for the author of this post. A few people said that he should just state his boundaries...that he did not want to communicate with any negative entities, that they were not allowed to follow him around, things of that nature. One individual that has some experience with using a Spirit Box I gather, even stated that a while back when he was just starting out, he began to suspect that some of the beings that he was hearing coming through on his Spirit Box were following him home. He said that he just told them flat out, "you can't follow me home this is a boundary for me". He said that this worked for him and that he hasn't had any trouble since. I was amazed by this. I was amazed and confused.

I just don't understand why it's so easy for some people to avoid paranormal trouble this way, yet not for others. I've tried to set boundaries with Crystal more times than I can count. I've told her on multiple

occasions that she's not allowed to follow me around, she's not allowed in my home, she's not allowed to follow me to work, things like that. I have not done this recently, but I remember that it was something that I was doing back in the beginning when I was trying the number of different approaches, just trying to find something that seemed to have some impact on the situation. Nothing like that has worked with Crystal.

My main contention with her is that she doesn't respect my boundaries at all, she does not respect my sovereignty as an individual at all. She is attached to my life. Even though I know it's essentially a futile effort to try and reason with her, sometimes out of desperation, I do find myself still trying to reason with her. I ask her to change the situation at least in some small way at first. I have pleaded with her to at least take one small step towards resolving this situation. I find myself doing this especially at night sometimes when I'm desperate to fall asleep in peace. All I ever sense from her is complete indifference. I shouldn't say that actually, sometimes she might say something that seems to try to get me to believe that there's some sort of hope that we could work things out, but it always leads to nothing. As I heard one of these intruding voices say to me you back during the worst days, back in April of 2015, "we lift you up to take you down".

I don't mean to ramble on here. I just wanted to say that when I saw that person's comment today, where they stated that all they had to do was just state boundaries (that he didn't want to be followed) and this seemed to take care of it, I was just baffled as hell by this and wondered how this could possibly be true. Perhaps this individual was not dealing with the same kind of entity that Crystal is. As I was saying previously, this question of who or what Crystal is exactly, whether she is a spirit of human origin or

something else...a non-human intelligent life form. I was saying how this is more of an open question to me now after dealing with her all this time, compared to when I first started experimenting with EVP recording during the Winter of 2015. Back then, I assumed that I was capturing the voices of spirits that shared a common origins with me. We are all or were human inhabitants of the Earth.

I suppose that to a degree, I left open the possibility that there were other kinds of beings out there, it's just that I wasn't really thinking too much along those lines at that time. One might think that after dealing with Crystal to this extreme degree after all this time, that I would have developed a strong personal opinion about her identity. This is not the case at all. Except, I guess I would say that I do take into consideration now to a much larger degree, the possibility that she may be a being that is very different for me, that we do not share a common origin.

As I previously mentioned, in some ways (such as in how her voice sounds), Crystal can sometimes seem quite human enough I would say. However, there's just something about her, an impression that I get from her, from her behavior, that makes the possibility that she is very different, something that I give serious consideration to. After all, we really don't know what's out there. When we're talking about other dimensions, parallel universes, astral realms, etc..., this is still pretty uncharted territory in major ways. Obviously, many people don't even believe in such things. However, I for one feel that there's a whole lot out there that remains to be discovered. I also feel that when we do discover some of these mysterious things, we may also discover that in some ways, humanity at large has been interacting with, or has been influenced by them all along to one degree or another.

January 1, 2021

Well, it's finally here, the start of a new year. Right now it's cold and raining outside where I'm at, so there's nothing too spectacular to report so far. I had a rather strange night last night when I was in bed trying to fall asleep. I went to bed a little after midnight. I knew it was pointless to try and fall asleep earlier. Last night was New Year's Eve and there was a lot of people around my apartment complex, and the surrounding area that set off fireworks, fire crackers, were banging pots and pans, and just making a lot of noise essentially. So at midnight, I went outside and smoked a couple of cigarettes just to watch and listen to all the activity. I went to bed shortly after that. However, there were still a few people lighting off firecrackers for a little while after midnight. So, that was working against me falling asleep quick and easy.

Crystal was messing with me a little bit when I first went to bed. I was hearing her voice a little and feeling the physical sensations to a degree, but it was nothing too intense. Then I did manage to fall asleep, however for some reason I woke up after about an hour. This was around half past one in the morning. I'm not sure if it was somebody lighting off fire crackers again or if it was something that Crystal did that woke me up. I just know that I woke up rather suddenly. When I tried to fall back asleep this time, this was when Crystal started to harass me to a greater degree. I would even say that I consider it "an attack".

Now this is just essentially my own terminology here. As I have mentioned previously, Crystal disturbs me, or harasses me to one degree or another practically every single night. The only time that I ever completely escape it is if I'm so tired that I fall asleep almost as soon as my head hits the pillow, which doesn't happen very often. Other than those rare

occasions, I'm always getting hit with something on any given night. It's always a disturbance while I'm trying to fall asleep. However, there are occasions when things are definitely escalated, more intense you could say. Sometimes these disturbances seem very intentional. These incidents are what I often refer to as an attack or a night attack.

I would say that I experienced an attack last night when I woke up around one thirty in the morning. I remember that Crystal was hitting me with shout attacks. This is that tactic where I'll hear her voice shouting at me very quickly, very suddenly. It usually seems like it's right up to one of my ears, or right in my face, or sometimes it even seems like it's internal, like it's a shout inside of my head. There can be some degree of variation to them, but they're always very sudden, very intense. I have often described it as being punched by a voice. There's a kind of physical reaction that I experience when I'm hit by one of these shouts. It's like a jolting sensation through my entire body.

This was a tactic that I first started to see used by Crystal, and in fact occasionally some other voices that were around, back in 2017. To the best of my recollection, as bad as things were back in the early days in 2015, and with all the extremely intense and strange stuff that I experienced back then, I do not remember getting hit with these shouts back in those days. No, I believe I first started to experience them in 2017. Just like now, they would always occur when I was in bed waiting to fall asleep. I remember that it didn't occur very frequently at all at first, that's why it didn't really grab my attention too much back then. I think I would only experience one of these shouts every few weeks or perhaps even every few months. And then throughout 2018, I started to experience them a little more often, but still not all that frequently.

Then things changed. I began getting hit with the shouts much more frequently in the Spring of 2019. And during the Summer of 2019, the shout attacks essentially became a nightly occurrence. These shouts seemed like Crystal's main tactic with regards to trying to disrupt my sleep throughout that whole Summer. In 2020, I am began to notice that I wasn't getting hit with these shouts quite as often anymore, though I still would occasionally. In fact, some of the shouts that I experienced in 2020 seemed more intense, more powerful than the ones that I was experiencing in 2019. It was as if Crystal had further perfected the ability to do this. Most of the time when I heard these shouts, it was Crystal's voice. However, (especially in 2019) occasionally I would hear them from other voices as well. I remember hearing shouts at night during the Summer of 2019 from voices that were male sounding voices, so I knew right away that it wasn't Crystal. I also remember hearing the shouts from another female voice that sounded very different from Crystal. It was definitely a distinctly female voice, but it just didn't sound like Crystal at all. However, the majority of the time, yes....the shouts sounded like they were from Crystal.

I believe that all of the shouts that I experienced last night were from Crystal. However, about two nights ago I did hear one of these shouts and it was a distinctly male voice. This one was strange because it seemed to be originating from underneath me, either from within the pillow, or the mattress of the bed itself. It was very strange. Usually the shouts seem to be originating from above me, or as I said, either right in front of my face or practically right up to one of my ears, (with the exception of the shouts that seem like they are internal...inside of my head). This shout that I heard the other night from a male voice, it was different. Yes, it definitely seemed to be originating from underneath me.

I thought to myself right away that this shout was not from Crystal, it was a male voice. I heard Crystal respond to this thought, as she is so often does. I don't remember what she said now word for word, but it was something like.....that was someone from "our torment department", or "tormenting division", or something like that. She definitely said that it was somebody from something that sounded rather unpleasant. I wasn't surprised at all that Crystal would say something like that.

Last night, when Crystal hit me with a few of these shout attacks, and they happened in pretty close succession to one another, I noticed something else about them. After I was hit with the first one, I remembered that I had some sort of angry thought about Crystal and then right away I got hit with another one, and then I had another angry thought and I got hit with another one. It seemed to go on like this for a little while. Crystal seemed to be hitting me with the shouts in response to what I was thinking about her. It seemed very deliberate. This was a bit out of the ordinary. Usually the shouts are spaced out a little bit. I used to wonder about that. Every so often I would get hit with a few that were one right after another, but for the most part there was usually some length time between them.

The shouts that I experienced last night were not particularly strong in comparison to other shouts that I've experienced. I would classify them as mild to moderate. I have often wondered if Crystal exerts a lot of energy, or strength to pull off one of these shout attacks. Based on my observations, it did usually seem to be the case that the stronger, more intense shouts were spaced out a bit more and I speculated that perhaps this was because they require Crystal to exert more energy. Perhaps with these weaker shouts, though they are still definitely shouts, perhaps with these

she's able to hit me them more quickly because they do not require as much energy. This is all just speculation on my part. It has been my observation that Crystal has definitely developed and improved the ability to hit me with these shouts in a variety of ways. As I stated previously, I do not recall experiencing them at all back in the early days of my attachment situation. I have the impression that this is something that she learned to do overtime, an ability that she deliberately worked on developing. Though of course I can't see what she's up to behind the scenes.

Well, last night's shout attacks were definitely confirmation to me that this particular tactic is still something that Crystal likes to use to disrupt my sleep every now and again. It seemed that in 2020, she was focusing more on the physical sensations than these shout attacks. However, this is still something that she has the ability to do. It was just very strange last night in how much they seemed a reaction to my thoughts about Crystal. It's like she was punishing me for having angry thoughts about her.

I eventually fell asleep at some point last night. It was probably sometime a little after two in the morning. As I was saying yesterday, I haven't been deprived of an entire night of sleep because of Crystal's harassment since that incident on February 6, 2019. I consider that a very good thing. While it does seem like every night is still a struggle to fall asleep to one degree or another, it's better for me than it was in the past. I remember that back in the early days, it would be a fairly frequent occurrence where I would lose an entire night of sleep because of these disturbances.

Well, I've only got two days left now of my break time and then I'm back to work on Monday. To be honest, I'm almost looking forward to it. I can't believe that

I find myself saying that. It's just that I feel that I need to get back into the routine where I am more active, where my focus is directed on something a bit more. It does help me in my situation with Crystal. If I keep myself focused on day-to-day things, it does seem to push her presence into the background more and that's a good thing. Though, as I said, probably in six months from now, I'll be wishing I was back sitting at home taking it easy.

January 2, 2020

Well, my break time is almost over. Tomorrow is my last day and then it's back to work. I can't believe I'm saying this, but in a way I almost look forward to it. I don't know what's taken hold of me but, I feel like I'm just drained of motivation and energy these past few days. Maybe it has something to do with Crystal, I can't rule it out. But, I think it's just not having a routine, a day by day routine to go by that's starting to get to me. It's just been hard to get motivated to get out and do anything this past week. Maybe part of it is the weather. I suppose it's a bit of a downer that the most time that I have off from work is in the Winter when the weather can just be dreary at times around here. In the Summer, I work six days a week and have been doing so for many years now. I haven't had a long vacation or break in the Summer in decades, I can't even remember. Anyway, for better or for worse, things will go back to the regular routine on Monday.

The situation with Crystal has actually been pretty routine today I can say. I've heard her voice chattering faintly in the background for most of the day. I fell asleep without too much difficulty last night. However, there was one strange and unsettling incident that occurred. It happened about twenty minutes or so after I had gotten into bed, maybe a bit later. I was lying on my back as I often do while I'm waiting to fall asleep. Suddenly, I began feeling a sensation down on my lower right side. At first, I wasn't too terribly surprised by this. I mean I feel these sensations to one degree or another every night after all. But, after a few moments I began to realize that this particular sensation was a bit out of the ordinary.

I have previously described how a common sensation that I feel at night is the feeling of jabs coming up through the mattress of the bed, poking me in my back. Usually it's like a finger coming up through the mattress, or sometimes it's like these little fingers pinching my back through the mattress. This was something similar to that, except it was much larger. The closest analogy I could give would be that it was more like a whole fist coming up through the mattress.

It was not centered on my back, but off to my lower right side. It became so intense that it seemed like it was about to actually lift me up off the bed a bit. It was a very materialized and solid presence I would say. I confess that it put me into a bit of a panic. I thought that this might finally be it, that Crystal's going to materialize completely now and attack me full force. I turned over onto my side and then the sensation changed to that familiar feeling of something clinging to my back. At least that sensation wasn't quite as disturbing and I managed to fall asleep fairly quickly from there.

It was definitely one of those incidents where I was hit with that unsettling feeling that I was describing previously, that feeling where the reality that this bizarre situation is actually happening really hits me. This has been quite a common occurrence recently. As I was saying, in many ways I feel that things had improved for me in 2020. Crystal does not cause as much of a disturbance in my life these days as she did in 2015 and 2016 for example. I think that part of this is just me becoming desensitized to her presence in some ways. I suppose this might simply be inevitable.

Another reason I think is that just with what's been going on in my life recently, with how things have become very busy with my work situation in the past year, I feel that this has forced me to push thoughts about Crystal's presence into the background a bit

more, whether intentionally or not. As hectic as things have been in the past year, I still consider that a good thing. I feel more like my old self I guess you could say.

However, I do believe that Crystal is reacting to this by causing these incidents where it feels like the reality of all this is really hitting me hard. I mean I am not exaggerating here, last night it seemed like a fully formed fist or something like that was coming up through the mattress of my bed and was about to actually lift me or push me off the bed itself. What I felt was very pronounced, there was no mistaking that this was actually happening to me. This is how it is with many of these incidents that I have been experiencing recently, there's no denying them, there's no denying that they are being caused by a real external presence. It is a presence that is invisible to me most of the time, but a very real presence all the same.

Actually, I've been hearing Crystal talking about her invisibility a little bit over the course of the past couple of days. I heard her saying something about it yesterday and then again this morning. I don't remember all of it exactly, you have to understand that there's just always this constant chatter coming at me and I'm not even trying to tune my hearing into it most of the time. This morning I remember that she said something like "don't really think of it in dimensional terms, it has more to do with gravity, you can't see us because of the Earth's gravity." She may have added a little more to it, I just don't remember. But, that did strike me as an odd statement from her and I remembered that I heard her saying the same thing yesterday as well. I do not know what she meant by this exactly, or why she would start saying this now. This is an example of the cryptic manner in which she often speaks. I have often said that in a way, it seems like she has her own language of riddles.

I have also noticed that she has been talking about angels quite a lot these past couple of days as well. In the past, I've heard her referring to herself and others like her as "angels", or talking about "the angels" in general, or using the term "angelic" to describe something. This is actually nothing out of the ordinary for her. She likes to play a mind game with me when it comes to her identity. She seems to want me to feel confused and frustrated about it and to keep me wondering about it. She makes many claims about herself. Yet, they usually tend to fall into three general categories. There are her claims to be a spirit of human origin, her claims to be some type of extraterrestrial, or her claims that seem to touch upon religious themes, such as saying that she's some kind of angel.

Within these three main categories, she continues to change her stories around and go off in many different directions with them. Yet, they generally do stay within one of these three general categories. Just from my observations, it seems like she was focusing on claims about being an extraterrestrial more than anything else recently. However, here she's bringing back some of the religious themes again. This is nothing new for her. Touching upon religious themes has been something that she's done since the very beginning. In fact, I would say that it was her main theme back in the early days of my attachment situation. I haven't really been picking up on too much of what she's been saying about this, about angels that is. As I said, I'm usually not trying to tune my hearing into it. However, if she starts repeating words several times a day, I do begin to pick up on that. The more she repeats a certain word or theme, then eventually I will take notice.

Well, I am going to just try and relax for the rest of the evening now. It's the last night of my break where

I can stay up a little later and not have to worry about waking up early the next day. If I was wise, I would go to bed early tomorrow night just so I feel well rested at work on Monday. It wouldn't surprise me if Crystal tried to attack me tomorrow night in some way just to try to make me feel tired on Monday. As I was saying previously, for two years in a row now I have noticed that she's been escalating things on Christmas Eve. These are the kinds of stunts that she pulls. Actually, I'm going to go out and grab some more sleep-aid right now. I just remembered that I'm getting very low. I would definitely feel better knowing that I'm stocked up, or the chances of having a rough night will go increase greatly most likely.

January 3, 2020

Tomorrow it's back to work. My eighteen day break is almost at an end. I have mixed feelings about that. As I was saying yesterday, I've been feeling somewhat lethargic this past week, not having to go by my usual day-to-day routine. It made me realize yet again that for me, being in this situation with Crystal, it's very important that I have something else in my life to direct my attention on or to at least attempt to direct my attention on. I wouldn't say that Crystal escalated things over my break. However, I think that the impact of her presence is lessened when I'm keeping myself busy with my job. I'm very grateful that the presence of Crystal and her chattering voice doesn't impact me much at all when I'm at work these days. I mean, I'll hear her voice at times when I'm working, but it doesn't distract me like it did back in the early days.

I remember one incident back during the Summer of 2015, back when things were much worse, where I was speaking with a customer face-to-face and I was hearing this voice speaking directly into one of my ears just repeating over and over again "this is really happening"... "this is really happening". On that day, it was very hard for me to hold it together. It wouldn't surprise me if the customer thought I was stoned or intoxicated in some way.

I have some degree of apprehension about the upcoming year. I know it's going to be very hectic and stressful at times with regards to my job. However, I think if I didn't have that, or something to put my focus on, then Crystal's presence would definitely have more of a negative impact on my life. For someone going through a similar situation, I would say it's definitely an advantage to have something to really throw yourself into. It doesn't necessarily have to be your job, it could be a hobby such as music or art or fishing or

sports, just something to throw yourself into, to try and direct your focus upon.

Anyway, not much has been happening today. It's raining and rather dreary out right now. I made it off to sleep without too much difficulty last night. Throughout the day, I've been hearing Crystal's voice quite a bit, but I have not been paying attention to it and so far it has not caused me too much of a disturbance. I remember that I was feeling some physical sensations when I first woke up this morning, but it was nothing too intense. It was mainly just that feeling of something clinging to me.

The physical sensations are by far more intense for me at night when I'm in bed trying to fall asleep. However, it has become quite routine now for me to also feel them in the morning when I first wake up. Sometimes, when I wake up, I'm not up and out of bed in an instant. Sometimes I need about five or ten minutes to drag myself out of bed. The longer I linger there, the more likely it is that I'll start to feel these bodily sensations. Obviously they are more of a disturbance at night when I'm trying to fall asleep as opposed to when I wake up and I'm trying to get out of bed and get going. However, I have noticed that this is something of a change in my situation.

To the best of my recollection, I do not recall having incidents of experiencing the physical sensations first thing in the morning very often for quite a long time in my situation. I would say that the exception to this was back when it was starting, back in the Spring of 2015. I recollect that for the first few years, it just wasn't something that occurred on a regular basis in the morning. The sensations would be something that I would mostly experience at night. The truth is though, they can occur at any time. They can occur at any time that I'm either sitting still or lying down. That is one thing about them, they almost

always occur when I am not moving, when I'm stationary. There have been a few exceptions to this, but not too many.

Maybe this is part of what I was talking about yesterday, how Crystal is reacting to the fact that in the past year, I've been so preoccupied with my work that her presence has had less of an impact on me. I simply do not know, I just observe that periodically there are new developments in my situation, or certain things will change to one degree or another. In some ways, there are aspects about the situation that seem to never change, such as Crystal's attitude. That's what can be frustrating about it, it can just wear you down and tire you out. An example of this would be how I've pleaded and pleaded with Crystal to back off with her harassing me at night when I'm trying to fall sleep, but it always ends up being a futile attempt. So far, that's been one thing about this situation that hasn't changed. Yet, sometimes Crystal can switch up the order of things a little. Or sometimes, it'll seem like all of a sudden now she has some new or stronger ability. An example of this would be some of these physical sensations that I experience, how some of them seem much more "materialized" than they did in the past.

But yes, some aspects just don't seem to change and that can be very frustrating. As I was mentioning previously, just hearing Crystal's voice doesn't shock or even disturb me nearly as much as it used to. It's just become part of the everyday background noise of my world I guess you could say. Maybe that's both a good and a bad thing. On the one hand, it's not getting as much of a negative reaction out of me as it once did, but it also means that something about me has changed, that my life truly is much different than it used to be.

This brings to mind an incident that I had about two years ago. It was during the Summertime I remember. I woke up suddenly one night at around two in the morning. I don't know what it was that caused me to wake up, I just remember that it was very sudden. I did what I often do when I wake up unexpectedly in the middle the night. I went into my bathroom and took another dose of sleep-aid because I wanted to get back to sleep as quick and easy as I could. However, I did decide to go outside and smoke a cigarette real fast. While I was outside smoking, something unexpected struck me, something very profound.

It took a few moments for me to realize what it was, but then it just hit me. I was hearing complete and total silence. It was around two in the morning, so there wasn't really a lot of noise in the environment around my apartment. But, it wasn't just that. I noticed that I wasn't hearing Crystal's voice at all, not in the slightest. What had struck me and what was so profound was a sense that I was hearing complete silence. It seemed like some distant memory resurfacing. Thoughts crossed my mind that this is how the world once sounded to me, a world without these voices. Surprisingly, the silence lasted for about fifteen or twenty minutes and then I noticed that Crystal's voice returned. This is one of the very few occasions where I suspect that possibly she left my presence and went somewhere else. After all, I did wake up unexpectedly, so maybe she wasn't anticipating that I would wake up suddenly like I did and she traveled away somewhere. I guess I'll never know, but that is an incident that has stuck in my memory. It also serves as an example that yes, at least with this, my world has changed...the sound of my world has changed.

January 4, 2021

It was my first day back to work today after having eighteen days off. It was rough waking up early this morning and dragging myself off to work. As I had been saying, part of me wanted to get back to some kind of routine. Yet, I certainly liked not having to wake up early and be anywhere in particular. That was very nice. I had a little trouble getting off to sleep last night, but I don't think it was really because of anything the Crystal was doing. If anything, the physical sensations were very minimal. I was hearing her voice chattering faintly, yet continuously. I think it was more of a case of me jinxing myself. I kept thinking that I need to get a good night of sleep on Sunday night so that I can wake up early on Monday morning. I was afraid that I would sleep right through the alarm and be late for work. So just this anxiety I think, caused me a bit of trouble falling asleep last night.

I did eventually fall asleep at around one in the morning. One thing that did occur, I had quite a vivid dream last night. What was weird about it is that it happened when I was in that state where it seemed like I wasn't completely asleep, but rather just mostly asleep. Basically, I was in that in-between zone that I often talk about. What I find strange here though is that this just seemed like a regular normal dream. It wasn't a bad dream. There was nothing in the dream that seemed like any kind of reference to Crystal or any of these other entities. It was just a regular normal dream. I remember it took place back in my old house, the house that I grew up in. I woke up from it rather suddenly. I'm not really sure why. I remember thinking

right away that this didn't seem like a dream that was manipulated in anyway by Crystal. I actually heard her voice just after I woke up saying that "this was a strange dream". This once again gave me the impression that she can see my dreams just as I see them.

She must have heard my thoughts when I was thinking that this dream didn't seem like one that she had a hand in, because I heard her voice say that "she had nothing to do with this dream". So here is a case where things are going against the recent norm. It's just my observation that for quite a while, it seemed that these dreams that I was having periodically that occurred closer to the time when I fell asleep or when I slipped into that in-between zone, were the suspicious ones. These were almost always bad dreams, and I felt that there was a good chance they were being created or manipulated by Crystal in some way. This seemed to me to be the case time and time again. As I was saying previously, it seems like for quite a while I wasn't even having regular, normal dreams and if I was, I couldn't remember them at all.

As far as I can tell, it's just been within the past year or so that it seems like I've started having regular dreams again. However, these regular dreams tend to happen after I had already been asleep for a few hours. So in this case, that didn't hold true. So, I don't know what's going on with my dream situation here. All I can say is that it definitely seems like I'm having more dreams recently. The good news here is that many of them are just regular normal dreams as far as I can tell, and not the suspicious kind.

Another thing that happened today was that I was corresponding with somebody on social media for a bit that I've known for a few years now who is also dealing with an attachment situation very similar to my own. The start of his situation also involved recording for EVP. I was telling him about how I often feel jabs, pokes and pinches from Crystal coming up through the mattress of my bed at night. I told him how it seems like she's literally right there inside the mattress and that she can go right through it with ease. I told him about the incident that I had a few nights ago where it seemed like a fully formed fist was rising up out of the mattress and I thought that it might even tip me over off the bed. We were kicking around some ideas about doing some experiments, maybe trying to see if there's some material I can put down over the bed to see if it would stop Crystal from doing this. It's been a while since I conducted any experiments with this situation. I'll give it a shot. I'd sleep on a bed of stone if I had to, if that works. It would be nice to find something, some material that Crystal can't reach through. I'm feeling motivated to look into this. I'm all for experimenting, trying to find something that has some sort of effect on these entities, or something to thwart their intrusions in some way.

There have been certain little things that I've discovered over time that seem to help counteract the intrusions of these entities. One is something that I recognized back in the early days of my situation. Back then, I would often hear the voices coming through quite loud and clear through various sources of steady background noise. This still happens today to some degree, but it was much worse back in the beginning. For quite a while, the whole world sounded very

different, very surreal. If I was driving in my car with the window down for example, I would hear voices talking to me through the sound of the rushing wind. I would hear voices coming through the sound of running water as well. I also remember hearing Crystal's voice heckling me while I was at work. I would be sitting at my desk and I would hear her voice coming through the sound of the computer tower. It wasn't even a loud noise, but it was steady enough for her to amplify her voice.

I do not hear her voice through as many background sounds today I'm glad to say, but it does still happen. It's wintertime now, so I'm often running my heater at night these days. I'll often hear Crystal's voice projected and amplified over the sound of this. Yet, back around the Autumn of 2015 I believe it was, I began to realize that if I was having a really rough time dealing with this, I could "jam" these voices. I noticed that while they seemed to be amplified by certain steady background sounds, they were often blocked out almost entirely by sounds that fluctuated rapidly. For example, when I first moved into my apartment and I was using the dishwashing machine, I noticed that suddenly it seemed like there wasn't any voices around at all. I realized it was the fluctuating sound of the dishwasher that was blocking them or "jamming" them as I say. I realized that when I'm running my washing machine it's the same thing, it drowns out the voices, it blocks them quite significantly.

So, if I was having a particularly rough time hearing the voices bombarding me through some steady sound, I would sometimes deliberately turn on my dishwasher or

run my washing machine even if I wasn't doing laundry, just so the fluctuating noise would drown out the voices. It often worked quite well.

So, now I need to find something the block Crystal from jabbing me in the back at night. I'm willing to do a bit of experimenting with this. I think that's how we will one day hopefully be able to learn more about situations like this. If people record and pass along what they've learned, what they've seen be effective against these entities, then I think that will be of great benefit to others.

January 5, 2021

Well it's my second day back to work. I suppose I'm starting to get back into the old routine. Waking up early is something that I'm still finding a bit difficult however. This morning I had some activity with the physical sensations, a little more than usual. I wouldn't call it an attack, but it was aggravating enough, I'll leave it at that. I had my alarm set for seven o'clock. I awoke just a few minutes before that. Right away I could feel the physical presence, the physical presence that by now is quite familiar to me. It was one of those mornings where I couldn't just get out of bed right away. It took me a few minutes to muster up the strength and motivation to get moving. In part, I became motivated to get out of bed because these physical sensations kept aggravating me no matter which way I turned. I was hearing Crystal's voice chattering faintly, so I suspect that once again she is was culprit with this. Like I said, I wouldn't call it an intense attack or anything, but it was quite annoying, especially since I was in the process of just waking up.

I was just browsing around on the internet a little bit ago. I checked out a forum for people that hear voices that I take a look at every now and again. Someone had written a post and was talking about how they believe that a lot of cases of people hearing voices is related to secret government technology. Some believe that they are being targeted or experimented on as part of some secret covert government operation. I've seen these kinds of posts many times before. Typically, I have a little to say about them. I just feel that in my situation, I don't think any government

is involved in anyway what so ever. I'll leave it at that. However, I guess in some way, I very much understand holding a personal belief or opinion that seems very far out and unbelievable to most people. I know that my own story sounds just like that, so when I see these other accounts and what some others believe it to be, rather than feeling compelled to disagree with them, I would say I have more of an understanding, at least in how they feel, how it's like for them holding this belief that many would find far-fetched and perhaps not take seriously.

I have thought about it in relation to my own situation at times, not much.... but I have. Just with how my whole situation began with EVP recording and with the whole physical component to it, I'm led to believe that as strange is government technology that can create voices may be, this is something even more mysterious perhaps, something a bit more otherworldly.

I have reflected a little bit on an alternate scenario to my current situation. I have asked myself the question in the past that what if the things that I experience now didn't start to occur after I had been in experimenting with EVP recording or any kind of spirit or astral communication for that matter. What if just one day out of the blue, I started to experience hearing these intruding voices and feeling these bodily sensations? What if I couldn't link it back to any origin, no matter how mysterious? What thoughts would be going through my mind then? Would I think it's an illness, or perhaps would I think there is some kind of secret technology involved? To be honest, I just don't know what I would be thinking. It's a very personal experience, I will say that. It's a very complicated,

often confusing, personal experience and there's bound to be many different opinions and beliefs about it.

There have been many times when I've shared my experiences with others online and I was pretty much dismissed out right as being delusional. It used to bother me back in the day, but it doesn't anymore. I understand that my story sounds very strange, stretching the limits of belief perhaps. As I said, it's a very personal experience, so if someone has never experienced anything like this before, then they are most likely not going to understand completely.

One of the reasons why I keep a journal like this is that I want to at least try and allow people to understand what these experiences are like. I feel compelled to at least make an attempt at this, especially since I am aware that sometimes conditions like my own are brought about by doing specific things, such as experimenting with EVP or other forms of spirit communication. Another reason why I keep a journal and share it is because I want to document the little things, the little details that are involved with this situation. I want to go beyond the terms themselves, such as "spirit attachment" or "entity attachment". I want to try and show what that term "attachment" means, what it looks like and how it can effect one's life, even down to the relatively minor things.

Just a couple of weeks ago, I heard Crystal make a comment about this. She told me that I should title this journal that I'm working on here "the small things of astral oppression". No doubt she sees that I'm documenting this situation that she and I are involved in here, down to the minor details to some degree.

Well, I may or may not someday use this title that she suggested. I do think that there is something more going on with some of these cases, some phenomenon we do not fully understand as of yet. There may be little understanding of it in my lifetime. But, I think that we can definitely learn something from what those who have had these experiences have to say. If we look at these accounts and we examine the details, no matter how small, maybe we will start to notice patterns in them, maybe we will start to gain greater understanding someday. I do hope so.

Just in dealing with this entity Crystal for as long as I have, I confess that I am baffled by her motives and I am all too aware that she feels that she can stay as long as she pleases without any regard to my personal-inner sovereignty as an individual. It is my hope that someday we may be able to find better ways and means of ending these kinds of oppressive attachment situations. I suppose that first there has to be a broader understanding that this phenomenon does in fact exist. I think it's accurate to say that the situation has left me with more questions than answers. But one thing that I've learned is that there is definitely something else out there, something else out there beyond just the material world that we see with our eyes. What it is still remains a mystery to us to a large degree. Perhaps it always will.

Well, I think I'm going to end this journal here. I know that this journal only covers a relatively short amount of time. That's just how I am with keeping a journal. I'll keep one for a time and then I'll take a break from it. This wasn't my first journal and it won't be the last. Sometimes, I just feel that even

though I feel compelled to document and share these experiences, at times I also feel compelled to step back from it at least as much as I'm able to for as long as I'm able to.

So, this short journal covers where I'm at right now in my situation... at the end of 2020 and the beginning of 2021. Many things have changed since it all began for me back in 2015. However, some things have stayed the same for the most part. I'm not perceiving the presence of nearly as many voices now as I was in the beginning, but one remains, one that has been here all along...Crystal. Crystal is still attached to my life and she still remains an intrusive presence. I'll take a break from writing about this situation for a while, but I will return to writing and documenting these experiences if they continue. Yet who knows, I may wake up one morning in the near future and realize that something very profound has happened. This something may not be the strength of Crystal's voice or the intensity of the physical sensations that she causes me to feel. This profound something may be that all of these things are finally gone and that the world once again seems the same to me as it once did in the past.

2020-2021